

When you live healthy life is good!

Information Bulletin

January 2012

Good for you!

Your workplace health and wellness program

Start your calendars!
2011 is almost over.
It's time to start a new calendar.

Here are a few suggestions of activities for 2012 under the sign of happiness and wellness.
Good for you!

January

It's a brand new year. All dreams are possible.

Write down one dream or goal for the New Year, and put it in an envelope. Make sure you keep it in a safe place. Do something every day toward making your dream come true.

February I ♥ U

I love you. Three little words that are music to the ear! With Valentine's Day approaching, write down the names of the people on your I ♥ U list.

March

A blood donation, a gift from the heart.

It costs you nothing, but it can save a life!
Donate at the next blood donor clinic near you.

Go to hema-quebec.qc.ca or blood.ca for more info

April

Time to transition your wardrobe from winter to spring! **Purge any items you no longer want and donate them to a worthy cause.** The Salvation Army Thrift Store, Goodwill, Value Village and St. Vincent de Paul would all gladly accept your used items.

May

To mark Mental Health Week, which runs from May 7 to 13, block off an hour in your calendar for relaxation. Spend the time reading, get a massage, practice meditation or visualization techniques or go for a workout. There are so many ways to boost your psychological well-being.

June

Spend some time **catching up on news with a senior citizen.** You can brighten someone's day with a visit, phone call or letter.

good-for-you.ca

Do you have some comments or suggestions?
Write to us at goodforyou@lacapitale.com.

July

Summer has arrived! **Enjoy a picnic with your family, friends, co-workers...or your better half.**

August

The warm weather beckons us outdoors.

Go some place you haven't been before (like a park, a beach, a bike path or a mountain) and explore the area.

September

It's harvest time! Why not go to a **U-pick farm**? It's a great way to spend time with family and friends!

October

Now that it's **breast cancer month**, participate in the Run For The Cure, or support the cause by buying a pink product.

Go to cbcf.org for more info

November

It's Movember time! Gentlemen, about that hair that grows on your upper lip, we would just like to say... Let it grow! Let it grow! Let it grow! Grow your stash or donate some cash to support prostate cancer fundraising initiatives.

Go to movember.com for more info

December

The days seem to be flying by, but Christmas always falls on the same date! **De-stress** by doing your holiday shopping earlier in the month.

