



Welcome to March!

ATTEND A WEBINAR (COMPLIMENTARY)

TELUS Health 2024 Wellbeing Calendar with Free Webinars.

- Mindful Meditation - March 8th 2:00 PM EST
In this program, participants will examine the focus of mindful meditation, define it, explore what it is and isn't, identify its benefits, discuss data that supports mindful meditation and have an opportunity to practice it.
- Staying Connected in a Digital World - March 22nd 2:00 PM EST
With the advances in technology that we have today, connecting with others is right at our fingertips. However, loneliness is at an all-time high. During this training, we will take a look at how technology has changed our day-to-day social interactions and the way we interact with others. We will explore ways to use technology wisely, yet still maintain that personal touch in relationships.

Recordings of past webinars can be accessed on the TELUS platform under the Life tab > Support & Resources > Quick Links > TELUS Learning Webinars.

EMPLOYERS CONNECT- MARCH 5TH 2024

This virtual event will explore:

- A deep dive of our TELUS Mental Health Index™ research data
- Insights from experts and organizational leaders at the **Dallas Independent School District**
- Strategies to create stability and resiliency in your workforce

[Register Here!](#)

AWARENESS AND RECOGNITION DATES

Nutrition Month

Learn about making informed food choices and developing healthful eating and physical activity habits

- Take control of your wellbeing: [Health and Wellbeing Toolkit](#)

March 1st- Zero Discrimination Day

A day to celebrate the right of everyone to live a full and productive life. Promoting inclusion, peace, compassion, and change.

- Promote inclusion and zero discrimination: [Cultivating Diversity and Inclusion Toolkit](#)

March 8th- International Women’s Day

A time recognize and appreciate the unique talents, perspectives, and experiences that women bring to the table. It's a day to celebrate their successes, both big and small, and to uplift and support one another on our collective journey.

March 15th- World Sleep Day

Sleep difficulties can take a toll on health and wellbeing, especially if they persist. People who are sleep-deprived are more likely to experience poor concentration and irritability, have accidents, and even suffer from depression.

- Improve your sleep habits: [Sleep Health Toolkit](#)

March 20th- International Day of Happiness

Help create a happier world and realize the importance of happiness within our lives

UPCOMING EAP INFO SESSIONS

Employee Orientations:

[March 13th 1:00 PM EST](#) (US)

[March 21st 1:00 PM EST](#) (Canada)

[March 21st 1:00 GMT](#) (Global)

Manager Orientations:

[April 24th 1:00 PM EST](#) (US)

[April 30th 1:00 PM EST](#) (Canada)

SHORT ORIENTATION VIDEOS- TELUS HEALTH

	<u>US</u>	<u>CAN</u>	<u>AUS</u>	<u>UK</u>
<u>Employee Orientation</u>	TELUS Health EAP - Employee Orientation video - ENG	TELUS Health EAP - Employee Orientation video - CAN ENG	TELUS Health EAP - Employee Orientation video - AUS/UK	
<u>Manager Orientation</u>	TELUS Health EAP - Managers Orientation video - US - ENG	TELUS Health EAP - Managers Orientation video - ENG	TELUS Health EAP - Managers Orientation video - ENG	

HEARTBEAT NEWSLETTER:

[Click here to register for our Heartbeat newsletter](#)