



Live Well, Work Well

DID YOU KNOW?

It is important to remember that you have health benefits through your ELHT over the summer. It is important to take care of yourself, so get that massage you've been putting off, check your vision with an optometrist, or visit your dentist for a cleaning. Many of our benefits refresh September 1, so visit your benefit site, check your balances and look after yourself, your health, and your family.

<https://www.otip.com/>

TRY THIS



WORDS OF WISDOM

“Celebrate every small success.”

“Remove your work email from your phone.”

“Take lots of time to rest over the summer.”

THAMES VALLEY TEACHER LOCAL SUPPORTS YOU

- TELUS Health Employee Assistance Program
<https://tvdsb.lifeworks.com/>
- Starling
<https://www.otip.com/otip-wellness-programs>

WHAT'S HAPPENING LOCALLY?

At the Local office:

- Feminine Hygiene product drive by the Status of Women Committee

In the Community:

- Pride Parade London – July 21, 2024
- Wellness Activities
<https://www.eventbrite.ca/d/canada--london/wellness/>
- Kids Bowl Free Program
<https://www.kidsbowlfree.com/>