



Women's health: Taking control of your wellbeing.

Women face specific health issues that can have a significant impact on wellbeing. Stay informed and move toward taking control by reading this month's articles.



The importance of assertiveness in work-life balance

Striving for a healthy balance between the demands on you at home and work means setting clear boundaries.

[Read more](#)



Understanding menopause

While menopause and perimenopause can be challenging stages of life for many women, there are steps you can take to help alleviate your symptoms.

[Read more](#)



Bone health: Understanding and preventing osteoporosis.

Without healthy bones, you wouldn't be able to stand, sit, walk, run, or dance. Taking care of your bone density is crucial.

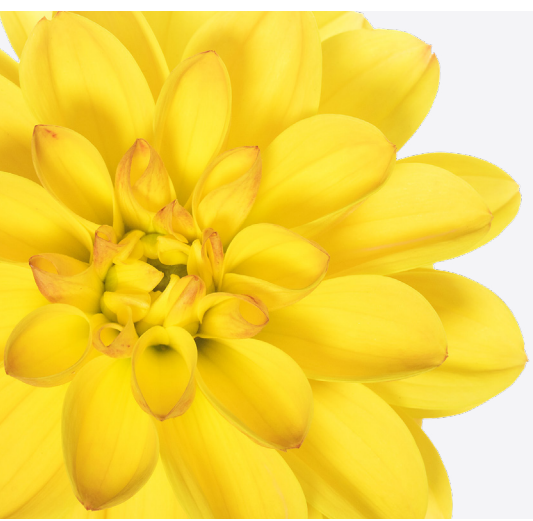
[Read more](#)



Maintaining close friendships

Friends provide a special kind of support that you may not get from anyone else. And recent studies have found that friends can play an important role in good health and longevity.

[Read more](#)



More to explore this month.

Explore [Support & Resources](#) and discover helpful content like articles, videos, podcasts, and toolkits to help support your mental, physical, social and financial wellbeing.

[Learn more.](#)

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's program may not include all services and features mentioned above. To learn more, please log in with your TELUS Health One account and review your workplace benefits or speak to your Human Resources contact.