





# 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.



### Exclusive for registered users.



Bone health: Understanding and preventing osteoporosis.

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#### 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

#### Top pick of the month.



Maintaining close friendships

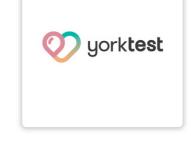
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Human Resources contact.

## More to explore this month.Check out our Wellbeing and Personal Development

Videos packed with information and advice to help guide you towards a healthier mind, body and lifestyle.
Interested in learning more about your general

wellbeing? Visit our **CareNow programs**, a collection

of digital self-help programs available across various health topics that you can access when you like, at your own pace.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your

We support your total wellbeing. We're here 24/7 for confidential

advice and support by app, web, and phone.