



January feature – Health and Well-being

Feeling your best, physically and emotionally, is the hallmark of well-being. This month we will be featuring resources to promote health and wellness, personal health habits, workplace health, and mind-body tools, including mindfulness to help boost engagement, productivity, and well-being.

See the [Health and Well-being](#) feature on our homepage, where you'll find a variety of resources, including our new [Health and Well-Being Toolkit](#), which includes articles, infographics, guided exercises, and more.

Remember that **inConfidence** offers tools and personalized support to help you feel your best. Contact a consultant today for free, confidential advice.

Online: www.myinconfidence.ca

Username: NLMA Password: inconfidence

Call inConfidence, toll-free, 24/7: 1-877-418-2181

TTY: 1-877-371-9978

Note that this month's feature will be live on the homepage from January 1 to 31, 2018.

Search the platform any time for helpful resources related to this topic.

Download the "LifeWorks" app!



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