



COVID-19
update

Canada Life is offering several free webinars and tools to help support you during the pandemic. Read more about them below.

Resources to support your well-being, upcoming webinars

Do you want to learn about financial and mental health resources that can help you during these changing times? Join Canada Life representatives for ***Resources to support your well-being***. These free and informative webinars will focus on services and support available through the Credit Counselling Society and Workplace Strategies for Mental Health.

- Thursday, May 28 at 7:30 p.m. ET (English): [Join the webinar here](#)
- Friday, May 29 at 11 a.m. ET (English): [Join the webinar here](#)
- Friday, May 29 at 2 p.m. ET (French): [Join the webinar here](#)
- Monday, June 1 at 11 a.m. ET (French): [Join the webinar here](#)

These webinars will be offered as Microsoft Teams Live events. Presentations will take up to an hour and you'll be able to submit questions through the Q&A feature. If you plan to join one on your mobile device, make sure you've downloaded the Teams app before clicking the link that lets you join.

We'd love to hear your feedback

Please share your feedback by completing [this short survey](#) following the webinar you attend.

Flatten your anxiety curve, webinar recording

If you missed the May 4th webinar, ***May the 4th be with you – Flatten your anxiety curve***, you can still check it out! Questions and tips about coping with the reality of life in the time of COVID-19 were covered during this webinar. [Click here](#) to watch. This is a Microsoft Teams Live event. Make sure you've downloaded the Teams app before clicking the link.

Visual reminders to care for your mental health

Workplace Strategies for Mental Health created seven posters to help support your mental well-being. They're available for you to [download](#), print and display in your home and office. Choose the ones that speak to you and check out more supporting resources at workplacestrategiesformentalhealth.com.

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The Canada Life Assurance Company
100 Osborne Street North
Winnipeg, MB
R3C 3A5
[1-800-957-9777](tel:1-800-957-9777)

