

Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



It's Never Too Soon to Plan for Retirement

Retirement planning isn't only about having enough savings, but all the important elements in the next stage of your life's journey—relationships, leisure, health, and more. It's never too soon (or too late) to plan for a happy, rewarding retirement for a job well done!



Keeping Relationships Strong as we Age

It's natural for relationships to change as we grow older. Strengthening your ties to family and friends can help keep you healthy and connections strong throughout life.

[Read More](#)



Ways to Save More for Retirement

Discover new ways to save, take a fresh look at your spending habits or get help from a financial advisor. We'll help you find a solution that works best for your lifestyle to make saving for retirement a top priority.

[Read More](#)

Exclusive for LifeWorks members



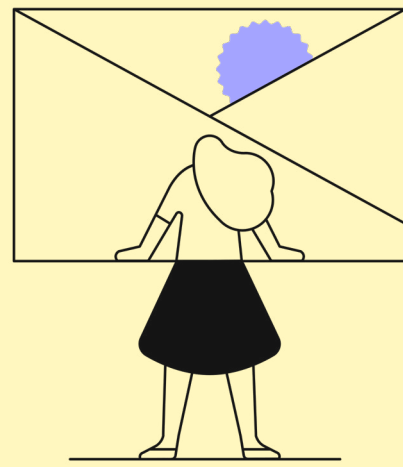
Planning a Successful Retirement

[Access on LifeWorks](#)



What Do You Expect From Your Retirement

[Access on LifeWorks](#)



More to explore this month

LifeWorks Learning Presents

First Nations: Past, Present, and Future

Featuring Michèle Audette

August 9th, 2022 | 10am EST

- **LifeWorks Learning** presents a free webinar, **First Nations: Past, Present, and Future**. On Aug 9th at 10:00 am EST. Michèle Audette shares her experience and delivers her reflections on communities, cultural and biological mixing, language, culture, identity, and self-vision. [Register now.](#)
- As we continue to navigate working from home, a resurgence of COVID-19 and financial pressures, the demand for mental health support continues to grow. We are excited to launch a new digital service: **LifeWorks CareNow Counsellor-Assisted**. Users can access CareNow Counsellor-Assisted in the [Feel Supported](#) section of the LifeWorks platform.

New for LifeWorks Members

Click on the links below to access new or updated content on the LifeWorks platform

[Picky Eating? Or Could it be ARFID?](#)



Big brands, huge savings with LifeWorks Perks

We've made saving for your future even easier, with deals on brands like Frank Mortgage, Sunrise Senior Living, Willful and many more. Available on the LifeWorks app.



[Access offers on LifeWorks](#)

Your organization's program may not include LifeWorks Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.

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

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

