

Hello From Volunteer Resources

August 5, 2020

LIFESPEAK

There is an app for that! – LifeSpeak

- A total well-being platform which gives you and your family instant access to expert advice on all kinds of topics
 - Mental health & COVID-19 support to stress management & professional development...it's all here!
 - Watch videos, download action plans & interact with world-class experts in real time
 - LifeSpeak is available anywhere & anytime, & is 100% confidential

DOWNLOAD THE LIFESPEAK APP

Client name: lh Client password: lifespeak

Or

ACCESS FROM ANY COMPUTER

URL: lh.lifespeak.com Client password: lifespeak



Thanks Jean G. for sharing.

Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it.
Life is sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is life, fight for it."
Mother Teresa



If I fit, I sit...

https://www.youtube.com/watch?v=_FC8AD3I_0HM

Staff, Privileged Staff and Volunteers Discounts

The information below is for information purposes only. These offers are the sole responsibility of the 'contact organization'. Contact them directly for more details, any restrictions and/or conditions.

A&W (915 Taunton Rd E Oshawa Location)

25% off discount on all purchases with hospital photo ID.

NEW! Sephora

is offering 10% off your In-Store purchase with a valid hospital ID badge. Offer valid until Dec 2020.

Ontario Science Centre

SAVE 20% ON GENERAL ADMISSION AND IMAX® FILMS!

To purchase your 20% off discounted tickets, please call 416-696-1000 or 1-888-696-1110 and quote our organization name and discount code below

Name: Lakeridge Health Discount Code: 114954

Community Respiratory Services

15% off CPAP masks and accessories

*show your ID badge

NEW Location: 1414 Hwy #2 in Courtice Phone: 905-721-4800

Mark's Work Warehouse

Contact April Theriault (atheriault@lh.ca or ext. 34195) for a reusable 10% employee discount card or pick one up in the Human Resources Office located at LHO-McLaughlin Hall, 2nd floor during office hours (Mon-Fri, 8-4pm).

Fionn MacCool's- Bowmanville

LH colleagues will receive a 20% discount off food purchases when they show their ID badge,

Address: 2350 Highway #2, Bowmanville, ON L1C 3K7

Phone #: [\(365\) 401-2002](tel:3654012002)

