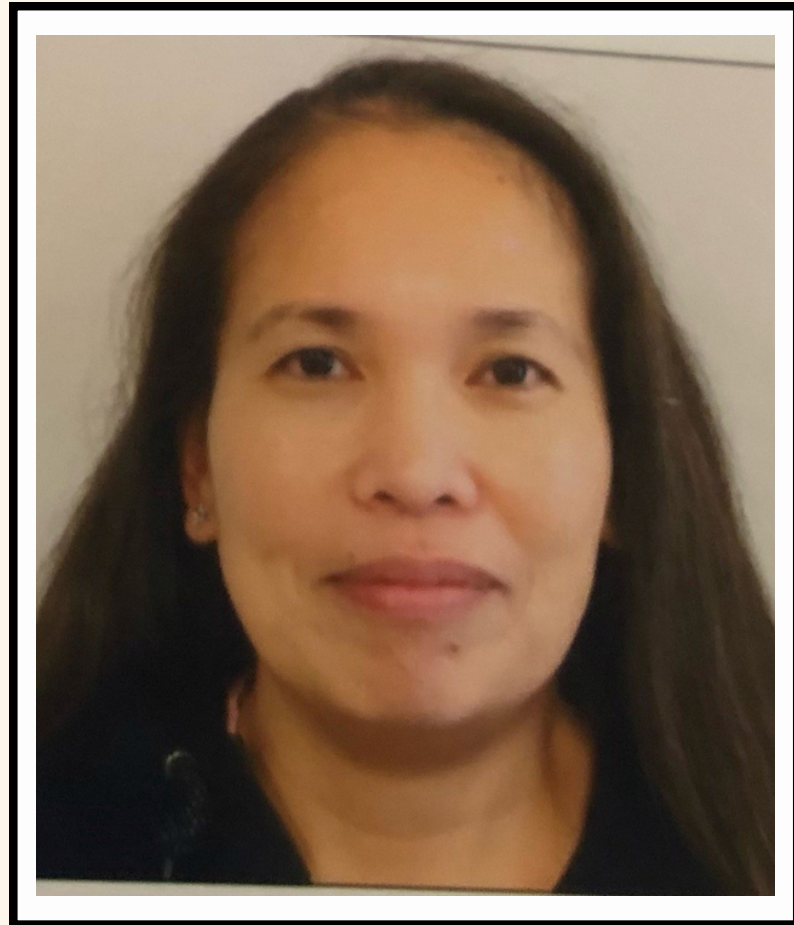


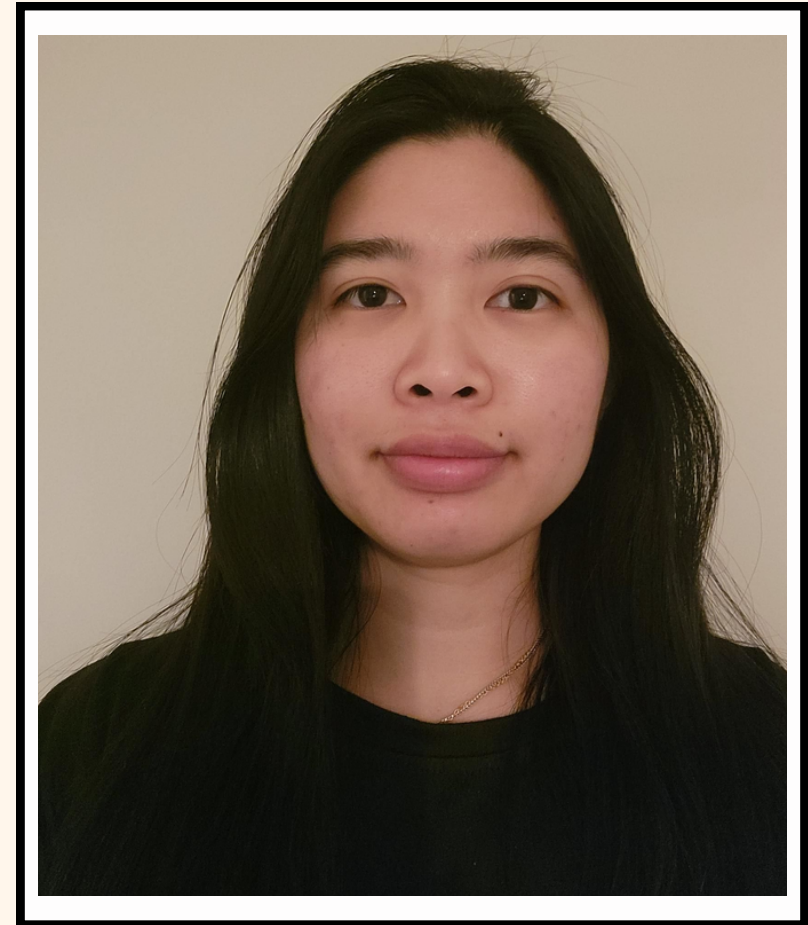
COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

EMPLOYEES OF THE MONTH



Bernadette A.

Bernadette A. has been working with Ask4Care since March 2020.



Hui Ling S.

Hui Ling S. has been working with Ask4Care since November 2019.

Ask4Care would like to thank both of our staff for the dedication and hard work that they have been putting in their jobs through all these years and as they continue to do so, we would like to say that we are proud to have you both as our September 2023 Employees of the Month!

Thank you Bernadette and Hui Ling for being excellent role models!

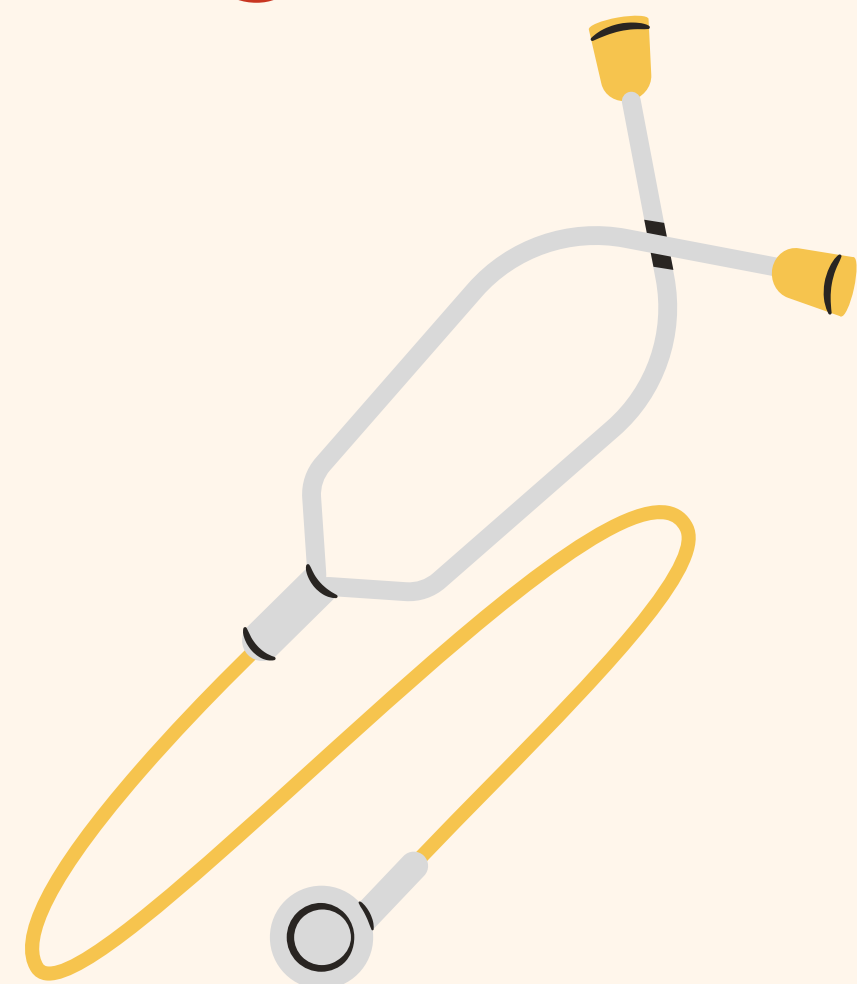




Labour Day

In Canada, Labour Day is an annual holiday celebrated on the first Monday of September.

In some countries, it is celebrated on May 1 every year, which is also known as International Worker's Day, while other countries have their own designated days to celebrate this day.



It is a day of rest and to celebrate the accomplishments of the labour movement.

The origin of this holiday comes from the struggles of people working long hours without rights. The movements requested to establish 40 hours of work a week, safe working conditions, paid time off, and sick leave.

Communities across Canada and the United States celebrate this day with parades, concerts, and marches.

Companies around the world are bringing in constant change and becoming flexible at their workplaces. Especially since the COVID-19 pandemic, many companies have given their employees an option to work from home or in a hybrid arrangement where they can work from home or from their workplace alternatively; companies have also been giving an additional day off during the week, so employees can work more comfortably, and avoid commuting time to their jobs, which eventually results in them being able to spend more time with their families and maintain a healthy work-life balance.



Source:

<https://www.thecanadianencyclopedia.ca/en/article/labour-day>
<https://www.unitedway.ca/blog/celebrating-the-origins-of-labour-day/>

HEALTHY HABITS

S M A L L C H A N G E S , B I G R E S U L T S



Incorporate physical activity into your daily routine, even if it's just a short walk or some stretching.



Get enough sleep each night to improve mood, memory, and overall health.



Drink plenty of water throughout the day to stay hydrated and boost energy.



Eat healthy food, like vegetables, fruits and avoid fast food.