



Good Afternoon,

Here are the most recent updates as of the afternoon of Thursday, May 14th:

NLDA Wellness

- Our next webinar will be held on Tuesday, May 19th at 6:00pm. This webinar will be joined by guest speaker Simone Pelley, a Cognitive Behaviour Therapist, who will be providing a discussion on Wellness. If you wish to attend, please contact Amanda Squires via email, amanda.nlda@nfld.net, to RSVP.
- Your Wellbeing – Tips on Communicating in the Digital Age
<http://oasisdiscussions.ca/2020/05/08/your-wellbeing-tips-on-communicating-in-the-digital-age/>
- Your Wellness – Managing Restructuring & Change in the Workplace
<http://oasisdiscussions.ca/2020/05/11/your-wellness-managing-restructuring-change-in-the-workplace/>
- Your Wellbeing – Tips to cope with news overload
<http://oasisdiscussions.ca/2020/05/12/your-wellbeing-tips-to-cope-with-news-overload/>

Emergency Dental Clinic List

The NLDA's list has been updated and can be found [here](#). Dr. Chedella is now providing services all across Newfoundland.

Media Updates

CBC NL - N.L. broadens testing criteria while marking full week with no new COVID-19 cases <https://www.cbc.ca/news/canada/newfoundland-labrador/covid19-newfoundland-labrador-may-14-1.5569361>

Our next update will be Friday afternoon, May 15th. We will continue to keep you updated.

Kind Regards,

Amanda Squires on behalf of Dr. Paul Hurley, President of the NLDA

If you have any questions you can contact myself, the Manager of Communications and Members Relations with the NLDA, via email Amanda.nlda@nfld.net or phone: 709-579-2362.