

Wellbeing Champion Newsletter

March 2024



Nutrition Month

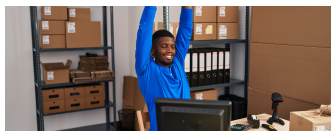
March is National Nutrition month. Nourishing your body with a healthy diet is important, since it can impact your overall health and wellbeing. Healthy eating includes making efforts to eat meals with others, cooking more often and taking time to eat and enjoy your food, termed mindful eating. [Find more resources and tips on how to create healthy habits here.](#)

Wellness Calendar of Events

Add to your calendar by visiting purolatorhealth.com. Drop in virtually or watch the recording later.



March 4 & 18, 2-2:20 pm ET
[Food for Mood:](#)
Nutrition for Mental Wellness



March 12, 2-2:20 pm ET
[Take A Break Tuesday:](#)
A Self-Care Series



March 13, 12-1pm ET
[Wellness Wednesday: Mind](#)
Dealing with Sleep Issues



March 19, 2-2:20 pm ET
[Bet You Didn't Know:](#)
All About Your E.F.A.P



March 20, 12-1:00 pm ET
[Wellness Wednesday:](#)
Psychology of Saving



March 27, 12-1pm ET
[Ask Your CMD:](#)
Women's Health, Through The Ages

Wellness Moment

Healthy eating is much more than the food you eat, however what's on your plate matters. Canada's Food Guide recommends having a colourful plate that includes vegetables, fruits, protein and whole grains.



Visit www.PurolatorHealth.com for more information and resources

Employee and Family Assistance Program (EFAP)

EFAP provides free, confidential support 24/7 including virtual or telephone conversations with a counsellor or use the **CareNow program, specialized self-help resources to choose own wellbeing journey.** You can speak directly with a **LIVE nutrition coach.**

Visit one.telushealth.com
or call 24/7 at 1-844-880-9137
or scan the QR code.



TELUS Health

WorkPerks workperks for Purolator

Discounts to help you cook and eat well
truLOCAL offers high quality, locally sourced meat delivered right to your door. WorkPerks offers a discount on truLOCAL and other food delivery options such as HelloFresh, and Sobey's grocery delivery.

Visit purolator.venngo.com/login
Use your employee ID as your Username



Wellness Moments



Canada's Food Guide

Did you know?
Canada's Food Guide was updated in 2019

Healthy eating is more than the foods you eat.

- Be mindful of your eating habits
- Cook more often
- Enjoy your food and practice mindful eating
- Eat meals with others
- Understand food labels
- Limit highly processed foods

Find more mental health and wellness resources at www.purolatorhealth.com

