



# Wellbeing Champion Newsletter

## LEADING HEALTHY CHANGE

### Summer safety tips to beat the heat!

- **Stay hydrated:** Use a refillable water bottle.
- **Protect your skin and eyes:** Wear light, breathable clothing, apply sunscreen, and take breaks in the shade, especially during the hottest part of the day: 10 a.m. to 4 p.m.
- **Be water-wise:** Make sure to never swim alone and always supervise children.

### Purolator Health in Action

#### Biometric screening clinics

Metro West, Richmond, and Martin Grove Hubs recently piloted biometric screening clinics. Participants received an overview of their general health and information about their blood pressure, cholesterol, and blood sugar. Participants also receive access to health coaching at 1, 4, and 8 months to support their health journey.

### Mental Health and Safety Week highlights!



### Wellness Wall of Fame: PH spotlight

This summer we are recognizing **Carlton Alie**, Operations Trainer and DEI Champion. Outside of work he is a DJ and frequently goes on hikes in nature. Carlton brings his wisdom and passion to his team in his role as a Wellbeing Champion.

### Wellness Calendar

Check out what's happening in July and August by visiting the site, including:

- Organizing your finances
- Creating a great family life
- 'The 5 Buckets Principle'
- 15-min guided movement and stretch

### Wellness Moment

As temperatures rise, so does the importance of staying safe during the summer months.

#### Wellness Moments



#### Sun Safety

Sunlight helps us to synthesize Vitamin D, important for bone health. However, UV light can damage skin (even on cloudy days).



Wear a hat and sunglasses



Stay in the shade



Apply sunscreen

For more mental health and wellness resources at [www.purolatorhealth.com](http://www.purolatorhealth.com)

### Additional Resources

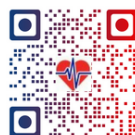
[Employee and Family Assistance Program](#)

[Discounts and Promotions](#)



### JOIN OUR TEAM

To learn more or join our leadership team, click the buttons below:



**Contact Us:**  
[purolatorhealth@purolator.com](mailto:purolatorhealth@purolator.com)  
 Visit [www.purolatorhealth.com](http://www.purolatorhealth.com) for more information and resources.

**JULY & AUGUST 2024**