

Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE



Preparing for change and peak season

- **Back to school:** anxiety can be felt by children and parents/caregivers. Identifying emotions through clear communication can help, especially when supporting each other.
- **Resiliency:** change is inevitable and being aware can help to be proactive and relieve stress. Talk about the way you feel and lean on your support system, which could be team members, friends and family.

Purolator Health in Action

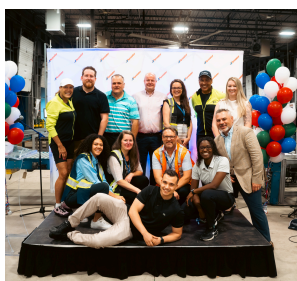
On the road and spreading awareness

The Purolator Health team continued their journey to Barrie and Scarborough this summer. They celebrated the Purolator Health 2 year anniversary and brought awareness of resources, while also engaging in healthy carnival inspired competitions.

Staying active is the key to Sweta's success!

Congratulations to Sweta Balaji, recently spotlighted for her commitment to total wellbeing. Visit [PuroNet](#) to learn more!

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This fall we are recognizing **Jenna Doll**, Operations Support Representative and active Wellbeing Champion. Jenna and her team in Edmonton go above and beyond by creatively sharing resources and educating others on the importance of total health and wellbeing.

Wellness Calendar

Check out what's happening in September by visiting the site, including:

- Ask Your CMD: Family Health
- Music for the Mind
- Borrowing 101
- Living well with shift work
- DEI Microburst: Courageous Conversations

Wellness Moment

Self-care practices are important for children and adults, and can become habits.

Wellness Moments



Develop and communicate the importance of daily and weekly routines.

Take self-care breaks!

Find supports for parents and caregivers by visiting our Employee and Family Assistance Program at [one.telushealth.com](#)

Find more mental health and wellness resources at [www.purolatorhealth.com](#)

Back to School, and Peak

Empower Children With Knowledge and Simple Routines

- 📅 Develop and communicate the importance of daily and weekly routines.
- 🕒 Take self-care breaks!
- 🔍 Find supports for parents and caregivers by visiting our Employee and Family Assistance Program at [one.telushealth.com](#)

Find more mental health and wellness resources at [www.purolatorhealth.com](#)

Additional Resources

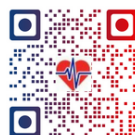
[Employee and Family Assistance Program](#)

[Discounts and Promotions](#)



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Contact Us:
purolatorhealth@purolator.com
 Visit www.purolatorhealth.com for more information and resources.