



Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

S.M.A.R.T. Goals

The start of a new year often inspires people to set resolutions. To create lasting goals, try using the S.M.A.R.T. framework: ensure your goals are Specific, Measurable, Achievable, Realistic, and Time-Bound. Focus on one to three goals to keep them manageable and meaningful.

Sharing your goals with a friend, family member, or colleague can help you stay accountable and boost your chances of success!

Purolator Health in Action

We achieved so much to be proud of in 2024! Highlights include our MHFA Responder Network now supporting over 70 locations and the Wellbeing Champion Committee growing to an impressive 76 members.

Here's to an incredible 2025 as we continue to lead the way in fostering healthy change together!

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This month, we celebrate **Eric Lecoupe**, Unit Manager, for his outstanding commitment to safety and wellbeing. By leading with authenticity and care, Eric openly shares his own experience using EFAP, inspiring others to seek support. His thoughtful leadership shines through in tailored presentations and his efforts to foster a culture of support and awareness.

Wellness Calendar

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

- ***New*** - Healthy Living Series (6 workshops)
- Music for the Mind
- Setting and achieving your goals
- Organizing your finances
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretch)

Wellness Moment

Daily movement can improve your quality of life.

Wellness Moments



Physical Activity

Adding physical activity to each day is one of the most important things you can do for your health.

- Walk or bike if possible
- Park or get off transit further from your destination
- Schedule a stretch or walk break during your day

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

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