



Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

March is Nutrition Month

Fueling your body with nutritious foods isn't just good for your health—it's a game-changer for your energy and overall well-being.

Healthy eating isn't just about what you eat, but how you eat! Try cooking more at home, sharing meals with others, choosing locally-sourced foods and practicing mindful eating—aka slowing down and truly savoring every bite. Want more tips on building healthy habits? [Find more resources about nutrition here.](#)

Purolator Health in Action

During February we called for [Mental Health First Aid \(MHFA\) Responder nominations](#). This year we aim to grow our community of MHFA Responders with hopes of having a trained responder in every location.

[Learn more about the MHFA Responder role here](#) and see them in action.

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This month, we recognize **Elle Rotilio**, Sales Account Executive and dedicated Wellbeing Champion. Elle has been a tremendous source of support for her team, consistently sharing valuable resources and passionately advocating for women's health.

Wellness Calendar

[Check out what's happening in March by visiting the site, including:](#)

- ***New*** - Healthy Living Series (6 workshops)
- Music for the Mind
- ***New*** Nutrition Workshops - Women's health and Blood Sugar Management
- The importance of unplugging
- Planning for post-secondary school
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretch)
- ***New*** - Strength and Conditioning

Wellness Moment

Healthy eating is much more than the food you eat, however what's on your plate matters.



Additional Resources

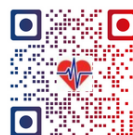
[Employee and Family Assistance Program](#)

[Discounts and Promotions](#)



JOIN OUR TEAM

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



Contact Us:

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[Visit www.purolatorhealth.com](http://www.purolatorhealth.com) for more information and resources.

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