



Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

April is Earth Month

While Earth Day falls on April 22, the movement has grown into a month-long celebration of our planet.

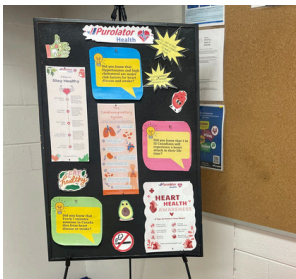
Take a moment to reflect on your connection with the environment and how every action can make an impact. Let's all do our part to protect our beautiful planet for a healthier, brighter future. Want to roll up your sleeves and organize a local community clean-up? Visit volunteering.purolator.com and share with others in your region to get involved and make a difference!

Let's take action for a greener future—together!

Purolator Health in Action

See how our Wellbeing Champions got creative in sharing valuable heart health and nutrition tips to their teams! A special shoutout to our Champions at the Sales Summit for their enthusiasm and commitment to workplace wellbeing!

Purolator Health highlights!



Wellness Wall of Fame: PGT spotlight

This month, we're celebrating **Emily Innes-Leroux**, our External Communications Strategist and dedicated Green Team Champion! Emily's passion for the environment shines through—including inspiring and teaching her children about the importance of protecting our planet.

Wellness Calendar

Check out what's happening in April:

- Healthy Living Series (6 workshops)
- Music for the Mind
- Stress Relaxation Techniques
- 65 Side Hustles
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretch)
- Strength and Conditioning

Wellness Moment

Taking breaks throughout the day can be refreshing

Wellness Moments



Change of Scenery

Changing your environment during the workday can improve creativity, reduce stress and help you return with better attention and focus. Try these ideas:

- Get outside for a walk
- Take a snack or hydration break and go to the lunch room
- Visit a colleague and ask how they are doing
- Find a quiet space and stretch

Additional Resources

[Employee and Family Assistance Program](#)

[Discounts and Promotions](#)



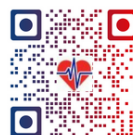


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To learn more or join our leadership team, click the buttons below:

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