

Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Mental Health and Safety Week

Each May, we recognize and celebrate Mental Health & Safety Week. There is a genuine connection between mental health and workplace safety, which are key factors contributing to overall safety and wellbeing, both in and outside the workplace.

There are many roles, as part of the H&S Committee, supporting a healthy and safe workplace. Learn more by watching the video which launches May 5 on PuroNet.

Purolator Health in Action

Big shoutout to the Metro West team, Anna White, and Jennawaye O'Rourke for hosting the first-ever 3V3 Basketball event!

Thanks also to Julia Mammoliti and Carlton Alie for generously volunteering their time to help make this fantastic event a success.

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This spring we're recognizing **Jason Monck**, Learning and Development Manager and Wellbeing Champion. Jason leads by example, staying active in nature with family and friends and bringing a strong passion for health and wellbeing to his team.

Wellness Calendar

Check out what's happening in May:

- Resiliency at work
- Investment basics
- Music for the Mind
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretching for safety)
- Strength and Conditioning
- Ask your CMD: Mental Health & Safety
- Lighten up your day
- Guided meditations

Wellness Moment

Asking someone 'How are you?' can remind them you care.

Wellness Moments



How are you?

Asking someone these 3 words can remind them you care.

Connect with a family member, friend or colleague today and ask them how they are.

Additional Resources

Employee and Family Assistance Program

Discounts and Promotions

 TELUS Health

 workperks

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 for more information and resources.