



Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Fostering Belonging at Work

Belonging in the workplace means more than fitting in—it's about feeling valued, respected, and safe to show up as your authentic self. Creating a culture of belonging starts with everyday actions: encouraging teamwork, showing respect, and communicating openly. June is a meaningful month to reflect on how we each contribute to this environment, with several important observances offering an opportunity—PRIDE Month, Men's Health Week, Juneteenth, and National Indigenous Peoples Day.

Purolator Health in Action

Kudos to the Operations Excellence Team for hosting their 2nd Wellness Challenge—congrats to the winning team led by Samuel Champagne (pictured with the belt)! Hats off to the Edmonton North team for embracing the health benefits of fresh air by taking outdoor self-care breaks, and to Operations meeting participants for brushing up on CPR skills. Special mention to Chad Barry, who saved a life with CPR in 2024 and shared his experience!

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This month we're recognizing **Jamie Zabarte**, Operations Packaging Specialist and Wellbeing Champion. Jamie leads by example—encouraging stretch breaks and bringing great energy leading her team's annual health and wellbeing challenge. Her commitment helps keep her team moving and motivated!

Wellness Calendar

Check out what's happening in June:

- Setting limits in life
- Organizing your finances
- Music for the Mind
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretching for safety)
- Strength and Conditioning

Wellness Moment

When each person contributes, everyone feels safer to be their true self.

Wellness Moments



Belonging

The feeling of security and support when there is a sense of acceptance, inclusion and ability to be your authentic self.

Belonging in the workplace feels like:

- Everyone is included
- Open and honest communication
- There is collaboration and Trust
- Empathy and support



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



Additional Resources

[Employee and Family Assistance Program](#)

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