

Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Healthy Workplace Month

- **4th Annual Challenge:** Lace up, log in, and join the fun for a chance to win fantastic prizes! [Click here to join](#)
- **Mental Illness Awareness Week:** Your wellbeing matters. Explore the many supports available to you and your family, including our incredible [MHFA Responder network](#)—now over 187 trained responders across more than 101 locations.
- **Become a Wellbeing Champion!** Know someone passionate about health and wellbeing? Encourage them to join the Committee. [Nominate yourself or a colleague by clicking here.](#)
- **Health Moments Library:** [Explore short, engaging videos](#) on stretching, nutrition, and the power of enjoying nature. It's the perfect way to recharge your mind and body.

Purolator Health in Action

Our Champions are leading the way in healthy change—whether it's creating Zen gardens for relaxation, hosting wellbeing moments at Tackle Hunger month's closing ceremonies, or supporting the environment by driving EVs. Plus, stay tuned for a sneak peek of our new Health Moments Library, filmed right here onsite!

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This month, we're proud to recognize **Tom Kennedy**, Manager of Corporate Communications, for championing mental health and wellbeing. Tom supports Purolator Health communications, serves as an MHFA Responder, and created a tailored team presentation after completing The Working Mind for Managers training.

Wellness Calendar

Check out what's happening in October:

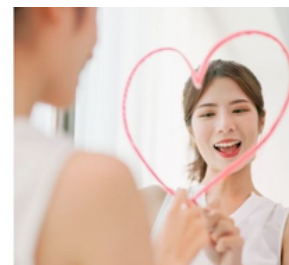
- Healthy Workplace Month Calendar **new**
- Gratitude
- The truth about credit (Part 1 of 2)
- Music for the Mind
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretching for safety)
- Waste Reduction Week (Oct 20-26)

Wellness Moment

WELLNESS MOMENT

YOUR JOURNEY, YOUR PACE

Everyone's path is different—so try not to compare your body, progress, or achievements to others. Focus on what matters most: your own growth, your own wins, your own wellbeing. You are enough, exactly as you are.



Additional Resources

[Employee and Family Assistance Program](#)

[Purolator International Wellness Page](#)

[Discounts and Promotions](#)



JOIN OUR TEAM

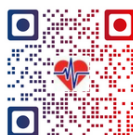
To learn more or join our leadership team, click the buttons below:



Purolator
Mental Health
First Aid
Responder



Purolator
Wellbeing
Champion



Contact Us:

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

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