

Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Financial Literacy Month

November is Financial Literacy Month—a great opportunity to strengthen your understanding of how to earn, manage, and grow your money. Financial health is deeply connected to overall wellbeing, and research shows that many Canadians continue to feel uncertain about their financial future.

This month, take small steps to build your knowledge, skills, and confidence in managing your finances. Explore resources like the [Benefits and Retirement portal](#), access financial education programs and new certificate, and take advantage of [WorkPerks](#) designed to support your financial goals.

Purolator Health in Action

In September, Purolator was honoured with two prestigious awards from the Occupational Health and Safety (OHS) organization: the **Community Leader**, presented to Ashley Wood-Suszkow, and the **Gold Psychological Health and Safety**. These achievements reflect the collective efforts of every employee who has made well-being a priority and contributed to creating a safer, healthier workplace.

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

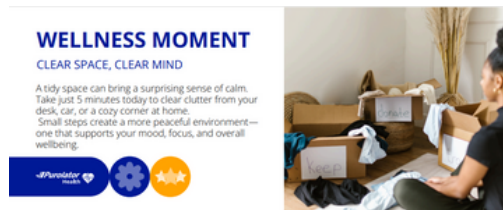
We're proud to recognize **Ann-Marie Smith**, Human Resource Business Partner, Wellbeing Champion, and MHFA Responder. Ann-Marie encourages colleagues to prioritize self-care and wellbeing, while breaking down stigma and creating space for open conversations about mental health. Her dedication has created meaningful opportunities for people to feel supported and empowered.

Wellness Calendar

Check out what's happening in November:

- Communication: The art of giving feedback
- Holidays without credit
- Music for the Mind
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday
- Value of your Workplace Plan
- Discover your WorkPerks!
- Credit Counselling Call in Dates ***new***
 - Nov 4, 13, 20 and 27

Wellness Moment



Additional Resources

[Employee and Family Assistance Program](#)

[Purolator International Wellness Page](#)

[Discounts and Promotions](#)

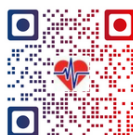
 TELUS Health

 WELLNESS
PUROLATOR INTERNATIONAL

 workperks

JOIN OUR TEAM

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



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

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