

Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Sharing Gratitude This Holiday Season

The holidays are our busiest time — and a great reminder to pause and appreciate the good around us. Practicing gratitude helps reduce stress, boost mood, and strengthen connections.

Try this:

- Note one thing you're grateful for each day.
- Say a sincere "thank you" to a teammate or customer.
- Take a brief moment to reflect on something that went well.
- Give green: choose plants, recycled wrapping, or experiences and donations instead of physical gifts.

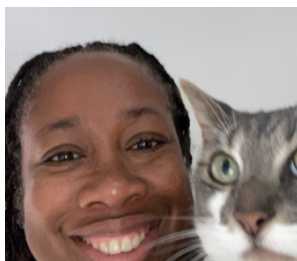
Even small acts of gratitude can make a big difference for your wellbeing — and for those around you.

Purolator Health in Action

4th Annual Healthy Workplace Month Challenge

Nearly 3,000 activities were completed across Purolator during this year's Healthy Workplace Month Challenge! Together, we celebrated self-care, shared wellbeing ideas, and supported one another as One Team. Congratulations to all our winners and a big thank-you to everyone who took part!

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

We're proud to recognize **Amanda Wilcox**, Manager, Dispatch, as a dedicated Wellbeing Champion. Amanda's supportive and uplifting leadership shines through in the wellbeing activities she leads—from CPA sessions and group stretches to TELUS Health information sessions—while consistently reminding her team to check in and prioritize their wellbeing.

Wellness Calendar

Check out what's happening in December:

- 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

Wellness Moment

WELLNESS MOMENT

KINDNESS CREATES CONNECTION

Giving back is good for the heart—yours and your community's. Whether you volunteer your time, support a local cause, or donate to a food drive, even small acts of kindness help build stronger, healthier connections. Find a cause that speaks to you, and feel the joy of making a difference.



Additional Resources

[Employee and Family Assistance Program](#)

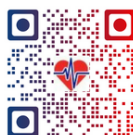
[Purolator International Wellness Page](#)

[Discounts and Promotions](#)



JOIN OUR TEAM

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



Contact Us:

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

DECEMBER 2025