

# Monthly Newsletter

## LEADING HEALTHY CHANGE

### Heart and Circulatory Health

Heart disease remains one of the leading causes of death but most cases are preventable through everyday habits. Know the warning signs: chest pain, shortness of breath, dizziness, or unusual fatigue should never be ignored. Protect your heart by moving regularly and enjoying time outside, eating a balanced diet rich in fruits, vegetables, and whole grains, managing stress, and getting quality sleep. Regular screenings for blood pressure, cholesterol, and blood sugar can help detect risks early. Small changes today like staying active and limiting salt and tobacco can make a big difference for your long-term health.

### Purolator Health in Action

We 'beat the blues' this past month, participating in virtual activities for stress management, visualization and goal setting, enjoying music for the mind and more healthy habits - all tracked on a Beat the Blues BINGO card. Thank you to all of our participants and congratulations to our prize winners!

**Send us your photos of Purolator Health in action!**



### JOIN OUR TEAM

To learn more or join our team of wellbeing leaders, click below:



Mental Health  
First Aid  
Responder



Wellbeing  
Champion



### Purolator Health spotlight: Tara Hannah, Unit Manager in Pickering, ON.

Tara is an actively involved DEIB council member, MHFA Responder, Wellbeing Champion and has recently been appointed as a co-chair for the Wellbeing Champions. Tara is always sharing health and wellbeing information with her team and is excited to continue this and develop a 'wellbeing task force' within her location. Thank you for leading healthy change, Tara!

### Wellness Calendar

[Click to visit the PurolatorHealth.com Events page](#):

- Stretch & Relax: FR & EN sessions
- Essential Skills for Psychological Safety
- Borrowing 101
- Retirement Readiness: FR & EN sessions
- Bet you Didn't Know: All about EFAP

### WELLNESS MOMENT

#### BLOOD PRESSURE SCREENING

Know your Numbers

- High blood pressure usually has no symptoms - referred to as 'silent killer'
- The only way to know is to get it checked!
- Can result in cardiovascular disease, damage to heart, kidneys and brain
- If you have high blood pressure it can be managed by diet, exercise and other lifestyle changes, as well as medication



### Additional Resources

[Employee and Family Assistance Program](#)

 TELUS Health

[Purolator International Wellness Page](#)



[Discounts and Promotions](#)

 workperks



### Contact Us:

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