

# Monthly Newsletter

## LEADING HEALTHY CHANGE

### Nutrition and Energy

What we eat plays a key role in how energized and focused we feel throughout the day.

Balanced meals that include protein, whole grains, fruits, vegetables, and adequate hydration help provide steady energy and prevent mid-day slumps. Choosing seasonal and local ingredients can also help lower our environmental impact by reducing the distance our food travels. Small, consistent choices like eating regularly and choosing nourishing snacks can make a meaningful difference in both physical energy and mental clarity.

### Purolator Health in Action

- **Nominations for MHFA Responders** are open now until March 13. Visit PuroNot Employee Wellness page for more information and nomination form.
- Help give kids a healthy breakfast too by supporting **Breakfasts 4 Kids** this March. [Click here.](#)

Send us your photos of Purolator Health in action!



### Purolator Health spotlight: Sweta Balaji, Strategic Sourcing Manager

Sweta is one of the kindest and most genuine people you'll meet. A Wellbeing Champion since the very beginning, she is a shining light to guide others towards healthy change. She recently shared an impactful intervention story with our MHFA Responders team helping to normalize conversations about suicide, prevention and mental health. Through her courageous actions and her willingness to share, it is clear that we all have the ability to make extraordinary impact.

### Wellness Calendar - [Click to visit](#)

- Stretch & Relax: FR & EN sessions
- Food for Mood: A Dietitian's Tips for Supporting Mental Wellness
- Wellness Wednesday: Women and Money
- Wellness Wednesday: Caring for the Aging
- Ask your CMD: Women's Health through Life Stages (International Women's Day feature)
- Bet you Didn't Know: All about EFAP

### WELLNESS MOMENT

#### HEALTHY SNACK IDEAS

Fruits and vegetables are always a great choice.

Try something new:

- Edamame
- Roasted chickpeas
- Celery with nut butter or cream cheese
- Greek yogurt or cottage cheese with berries
- Cherry tomatoes with mozzarella cheese
- Whole grain crackers with hummus
- Cucumber or red pepper with guacamole



### 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 team of wellbeing leaders, click below:

 **Mental Health First Aid Responder**

 **Wellbeing Champion**



### Contact Us:

Email: [purolatorhealth@purolator.com](mailto:purolatorhealth@purolator.com)  
Visit [www.purolatorhealth.com](http://www.purolatorhealth.com) for more information and resources.

**MARCH 2026**