



Monthly Newsletter

LEADING HEALTHY CHANGE

Planet & Personal Health this Earth Month

April is Earth Month, which invites us to explore the powerful connection between the health of our planet and our personal wellbeing. The environments we live and work in—from the air we breathe to the spaces we move through each day—play an important role in shaping our physical, mental, and social health. Small, sustainable choices can support not only environmental protection, but also energy, resilience, and overall wellbeing.

This Earth month, we're highlighting how caring for the planet can be a meaningful way to care for ourselves and one another.

Purolator Health spotlight: Kaus Chandroga, Sorter - National Hub Ontario

Kaus consistently champions practical sustainability ideas that help the National Hub Ontario (NHO) reduce waste, cut costs, and operate more efficiently. His passion for the environment contributes to a stronger culture of sustainability, not just at NHO but across the whole organization.

Purolator Health in Action

March celebrated International Women's Day with Women's Health focused events, Breakfasts 4 Kids fundraising activities and recognized Nutrition Month with resources sent directly to terminals and introduced a cookbook collaboration. Also a few Wellbeing Champion meet-ups!



Reducing waste is more than good for the planet — it supports healthier communities and cleaner spaces for everyone. Watch 'Zero Waste Made Simple' at PurolatorHealth.com

Send us your photos of Purolator Health in action!



Wellness Calendar - [Click to visit](#)

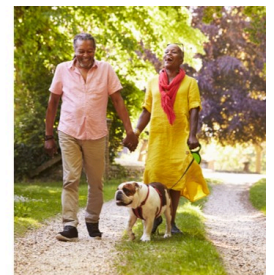
- Stretch and Relax - 2nd Tuesday of each month
- Wellness Wednesdays: Collaboration at Work
- Wellness Wednesdays: Budgeting 101
- **Repair, Reuse, Rethink** Earth Month webinar - April 22 at 12pm

WELLNESS MOMENT

CHANGE OF SCENERY

Changing your environment during the workday can improve creativity, reduce stress and help you return with better attention and focus. Try these ideas:

- Get outside for a walk
- Take a snack or hydration break and go to the lunch room
- Visit a colleague and ask how they are doing
- Find a quiet space and stretch



Additional Resources

[Employee and Family Assistance Program](#)

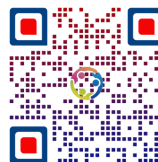
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