

Monthly Newsletter

LEADING HEALTHY CHANGE

Come Together as One Team

The first week of May is Mental Health and Safety Week, and we're inviting you to come together and connect with one another. When we connect, we strengthen belonging, reduce isolation, and support well-being. Connection truly strengthens mental health. Mental health and safety are closely linked. Feeling well mentally supports safe choices and behaviours at work and beyond. At Purolator, mental health and safety is a shared responsibility for all of us. If you see something, say something—whether it's a safety risk, an unsafe behaviour, or signs that someone may be struggling. Check in, speak up, and help take care of one another.

Join us during the week by taking a moment to connect, start a conversation, or participate in local activities.

Purolator Health in Action

Sharing snapshots from the annual DEIB 3 on 3 basketball tournament in the GTA, a terminal visit to Dartmouth, NS and an onsite 'Salad Celebration' for Earth Day at head office.

Send us your photos of Purolator Health in action!



Purolator Health spotlight: Lynette Ireland, Unit Manager in Lloydminster, AB and MHFA Responder

"I have a friend who struggles with her mental health, but I think she is one of the bravest people I know because she is very open about her struggles. She said to me one day 'You know the thing I like about you most is you listen without judging me and I feel safe.'

I brought that with me to Purolator. I try to ensure that everyone on my team knows that they are safe to talk to me and I will listen to them without judgement. I think with mental health one of the most important things that Purolator has done is developed a culture where team members feel safe to ask for help and I am proud to be a part of that culture."

Wellness Calendar - Click to visit

- **Mental Health & Safety Week: May 4 - 8, 2026**
- Virtual Kickoff and Trivia
- The Art of Giving Feedback
- Team Stretch Break
- Money and Mental Health
- Come Together for Courageous Conversations
- Ask your CMD - Mental Health Awareness

WELLNESS MOMENT

YOU'RE NOT ALONE

Feeling isolated can be hard, but meaningful connection is always within reach. Try joining a local group, class, or online space that reflects your interests. Even if starting a conversation feels tough, listening to a podcast or reading a supportive book can be a powerful first step.



Additional Resources

[Employee and Family Assistance Program](#)

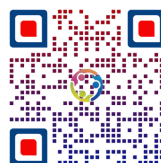
[Purolator International Wellness Page](#)

[Discounts and Promotions](#)



JOIN OUR TEAM

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



Contact Us:

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

MAY 2026