

Monthly Newsletter

LEADING HEALTHY CHANGE

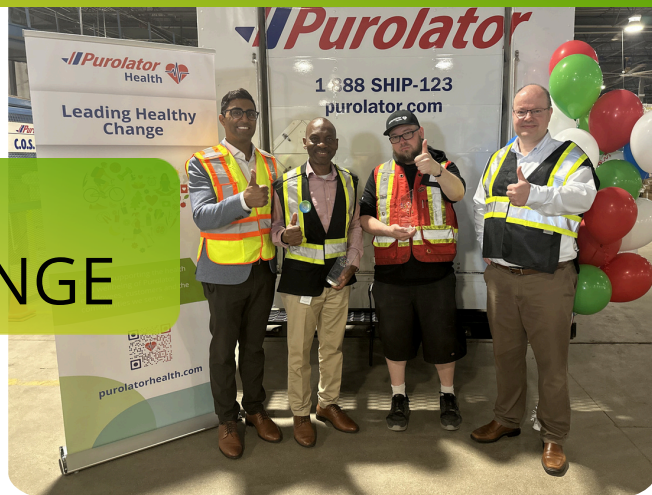
Foot Health and Safe Driving

This month, take action to protect your health by focusing on your feet and your safety on the road. Check your footwear to make sure your shoes are supportive, comfortable, and fit for your role. Build in small habits like stretching, changing positions, and speaking up early if something does not feel right. When driving, commit to safe practices every trip by staying alert, following road safety guidelines, and avoiding distractions. Whether you are walking the floor or behind the wheel, the choices you make each day help keep you and your teammates safe.

Purolator Health in Action

Last month we traveled out to the prairies for Purolator Health roadshow events in Saskatoon, SK and Winnipeg, MB. We kicked off our series of Women's Health Circles both onsite and virtual, and held a Men's Health focused Ask your CMD event in North York, ON. New MHFA Responders from across Purolator joined our team, and a group of Winnipeg team members completed the Applied Suicide Intervention Skills Training course. Lastly, we crushed our Purolator Tackle Hunger fundraising, crossing our goal of 450,000 meals donated. Final numbers to be announced soon!

Send us your photos of Purolator Health in action!



Purolator Health spotlight:

**Chris Wilhelm & Umukoro Ewhrudjakpor
MHFA Responders - Winnipeg, MB**

Purolator Health visited the Winnipeg terminal in June for a roadshow event and recognized Chris and Umukoro for going above and beyond in their roles as MHFA Responders. They have been strong advocates for mental health awareness in the workplace and actively support their colleagues. They have also shown great leadership in working to expand MHFA coverage across all shifts at their terminal, and clearly communicating how MHFA Responders can help. They also both recently completed ASIST training focused on suicide prevention. Thank you Chris and Umukoro. Winnipeg is lucky to have you!

Wellness Calendar - [Click to visit](#)

July is Purolator Health's birthday!

Join us the week of July 13-17 for daily virtual education and participation activities.

- Safe and Healthy Summer with Cleveland Clinic (sunscreen, heat, ticks + staying healthy this season)
- Take a Break Tuesday: stretch and relax with Angela
- Setting and Achieving your Goals - TELUS Health
- Artmaking for Stress Relief - with Belinda, Art Therapist

WELLNESS MOMENT

HEALTH SCREENINGS

Don't ignore the Check Engine light!

- When your vehicle's check engine light comes on, it signals a problem that could be serious.
- Health screenings check blood pressure, glucose, and cholesterol. If these numbers are off, it's like your own check engine light is on.
- It's an early warning for your health. Regular screenings help catch issues early.



Additional Resources

[Employee and Family Assistance Program](#)

[Purolator International Wellness Page](#)

[Discounts and Promotions](#)



JOIN OUR TEAM

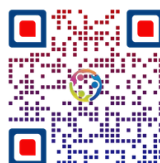
To learn more or join our team of wellbeing leaders, click below:



**Purolator
Mental Health
First Aid
Responder**



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Contact Us:

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

JULY/AUG 2026