

Monthly Newsletter

LEADING HEALTHY CHANGE

Preparedness & Safety

Preparedness helps us make healthier and safer choices every day, both at work and at home.

In the workplace, this might mean knowing emergency procedures, using the right safety equipment, reporting hazards, or taking steps to manage fatigue and mental wellbeing. **At home**, preparedness can include having an emergency kit, creating a family emergency plan, staying current on important health screenings, or planning ahead for life's unexpected challenges. Simple actions like these can make a meaningful difference. When we feel prepared, we are better equipped to handle challenges, reduce stress, and support those around us.

Purolator Health in Action

This summer, we were proud to earn **Platinum Certification from Excellence Canada for the Integrated Healthy Workplace Standard**. This is a big achievement!

It involved a detailed review of our programs, policies, and workplace practices, along with data and results that show the impact of our efforts. Excellence Canada also spoke directly with employees through focus groups to confirm their experience matched what was documented.

A big thank you to everyone who took part in the review process and shared their feedback. Your input helped showcase the positive work happening across Purolator and contributed to this recognition.



Send us your photos of Purolator Health in action!



JOIN OUR TEAM

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



Purolator Health spotlight:

Katie Onufer - District Coordinator | U.S., Detroit

Katie Onufer is instrumental in generating creative ideas for wellness initiatives and helping bring those programs to life across Purolator International. As an active member of the Wellness Committee and a recognized Wellbeing Champion, she consistently looks for opportunities to engage employees, promote healthy lifestyles, and increase participation in wellbeing programs. Katie's enthusiasm, collaboration, and commitment to employee wellbeing have made her a valued contributor to numerous wellness challenges, events, and activities.

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

- Parenting the tween years (7 to 12 years old)
- Homeowner Basics
- Stretch and Relax

World Suicide Prevention Day - Thursday, Sep 10th

- Courageous Conversations - FR in person and virtual
- Suicide Prevention Awareness - EN virtual

Wellness Snapshot: Setting Healthy Boundaries

Wellness Snapshot Setting Healthy Boundaries



click or scan the QR code to visit

Additional Resources

[Employee and Family Assistance Program](#)

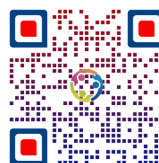
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Contact Us:

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

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