Purolator Health

Monthly Newsletter
LEADING HEALTHY CHANGE

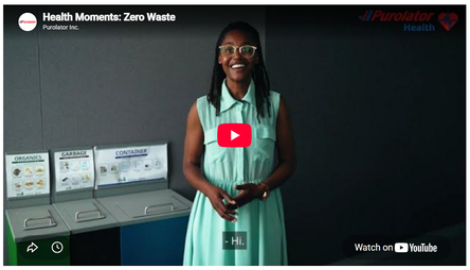


Waste Reduction & Healthy Environments

The spaces where we live and work have a direct impact on our health and wellbeing. Small actions such as reducing waste, recycling properly, and reusing materials can help create cleaner, healthier environments for ourselves, our colleagues, and our communities. At Purolator, we are committed to building a more sustainable future through programs and practices that reduce waste, support environmental responsibility, and help create healthier workplaces across our network.

Health Moment: Zero Waste

Click to watch, or visit PurolatorHealth.com for more Health Moments and Resource Guides just like this one.



Purolator Health in Action

Biometric health screening with Cleveland Clinic at the Barrie, ON terminal, Courageous Conversations event in Laval, QC for World Suicide Prevention Day, Women's Health Circle at Toronto West, OHS Canada Honours Gold for Holistic Employee Health.









JOIN OUR TEAM

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

Purolator Mental Health First Aid Responder

Purolator Wellbeing Champion

Purolator Health spotlight:

Jason Belgrave, Director, Operations NE Ontario

Creating a healthy workplace takes leaders who champion wellbeing in meaningful ways. Jason has been a strong supporter of expanding our Wellbeing Champion and Mental Health First Aid (MHFA) Responder networks.

"I look at these networks no differently than the vehicles, dashboards, scanners, automation and facilities we rely on every day. They are vital tools and resources that we rely on, both formally and informally, to support our people, gain insights, make better decisions and ultimately support our business."

Healthy Workplace Month

This October we focus on what wellbeing means to you and share the support available throughout our organization.

Each week will spotlight practical resources, inspiring employee stories, and simple actions that can help build healthier habits, strengthen connections, and support mental wellbeing. Whether you're exploring Purolator Health, connecting with a Wellbeing Champion, or attending a virtual event, there are many ways to get involved this October.

Calendar of Activities

Nutrition - Fall and Winter Health - Parenting the Early Years - Understanding Insomnia - Music for the Mind - Stretch & Relax - Breast Cancer Awareness - Food and Finance - Circular Economy

Click or scan to visit

Additional Resources

Employee and Family Assistance Program

Purolator International Wellness Page

Discounts and Promotions

TELUS Health

WELLNESS PUROLATOR INTERNATIONAL

workperks

Contact Us:

Email: purolatorhealth@purolator.com

Visit www.purolatorhealth.com for more information and resources.

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