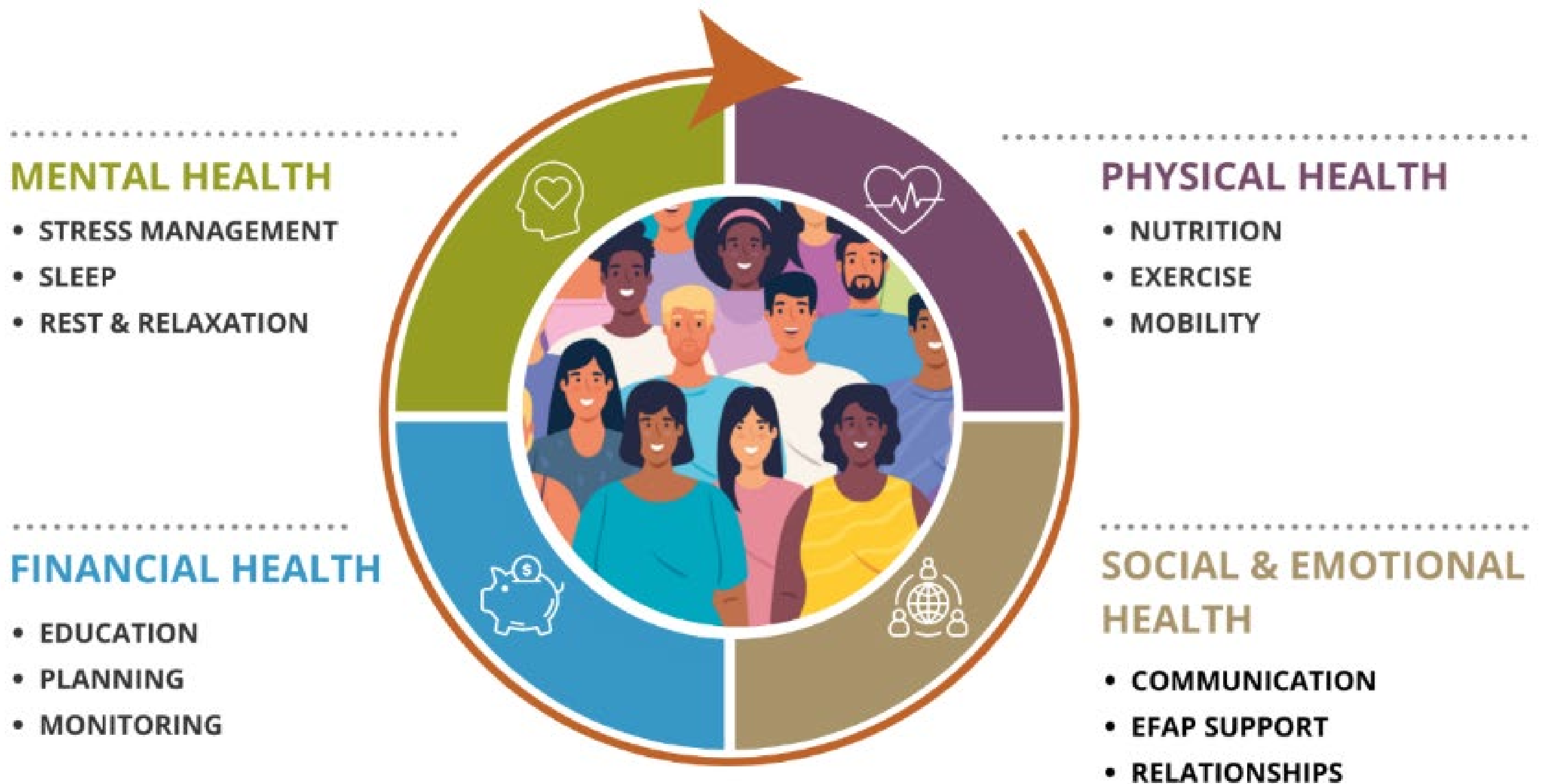


Wellbeing

At West Fraser, we have an integrated approach to Health and Wellness, which is focused around four key pillars: wellness, physical, mental, social, and financial health.

AN INTEGRATED APPROACH TO WELLBEING



Each pillar is important and can be interrelated. For example, poor financial health can negatively impact mental health by reducing your ability to participate socially, and decreasing your ability to maintain physical health, which then can become a negative cycle. Having good health helps provide us with the physical and emotional resilience to cope and lead a balanced and full life.

On Treeline, the Health & Wellness Hub is available for use.

To access it, go to the Treeline homepage and open the “Human Resources Hub” drop down menu.

