

# the health hub

## What's on in April



### CHECK YOUR HEALTH

Did you know high blood pressure often shows no symptoms until it's too late? This April, staying on top of your wellbeing is easier than ever with the SiSU machine. It's quick, simple, and gives you vital insights into your health.

Book a pulse check at the Health Hub and get expert guidance from our professional consultants. Know your numbers, take control of your health, and make your wellbeing a priority today.

[BOOK NOW](#)

Visit [our website](#) or [Thrive events](#)

### Click on the links to download your invites

(Times are in AET)

#### KNOW YOUR NUMBERS: EXERCISE & BP (20min)

Exercise plays a really important role in both preventing and managing high blood pressure. Come along to learn ideas for adding more movement into your day and making exercise a way of life!

#### Date and time

[Thu 3<sup>rd</sup> 2pm](#)  
[Thu 10<sup>th</sup> 2.30pm](#)

#### KNOW YOUR NUMBERS: MINDFULNESS & BP (20min)

Dive into the connection between blood pressure, stress and wellbeing. Learn effective mindfulness techniques to assist in combatting stress and promoting heart health.

#### Date and time

[Tue 15<sup>th</sup> 2.30pm](#)  
[Wed 16<sup>th</sup> 11am](#)

#### KNOW YOUR NUMBERS: NUTRITION & BP (20min)

Discover the transformative power of nutrition in preventing and managing blood pressure. Jump on and learn practical strategies and dietary tips to optimise your health and achieve balanced blood pressure levels.

#### Date and time

[Fri 4<sup>th</sup> 11am](#)  
[Tue 8<sup>th</sup> 1.30pm](#)

#### INDIVIDUAL CONSULTS

Nutrition consult (30min)  
 Body composition scan (15min)

[BOOK HERE](#)

SiSU Pulse check (15min)

[BOOK HERE](#)

#### COOKING DEMOS (15min)

Wednesday 11.30am

3<sup>rd</sup> – [Naked beef burrito bowl vs Lower-carb lamb wraps cook-off](#)  
 9<sup>th</sup> – [Banana chia oats](#)  
 16<sup>th</sup> – [Super Salad](#)  
 23<sup>rd</sup> – [Personalised protein shake](#)  
 30<sup>th</sup> – [Heart-smart spaghetti bolognese](#)

Fitness & meditations	Monday	Tuesday	Wednesday	Thursday	Friday
8.30 – 8.40am	<a href="#">Meditation</a>		<a href="#">Meditation</a>		<a href="#">Meditation</a>
9 – 9.10am		<a href="#">Meditation</a>		<a href="#">Meditation</a>	
10 – 10.10am	<a href="#">Mobility*</a>	<a href="#">Move in 10</a>	<a href="#">10min Yoga*</a>	<a href="#">Stretch it out*</a>	<a href="#">Core blaster</a>
11.30 – 11.40am		<a href="#">Meditation</a>		<a href="#">Meditation</a>	
12 – 12.30pm	<a href="#">Fighting fit</a>	<a href="#">Pilates*</a>	<a href="#">Full body strength</a>	<a href="#">Killer cardio</a>	<a href="#">Power Pilates</a>
1.45 – 1.55pm		<a href="#">Breathwork</a>	<a href="#">Meditation</a>		

\*Low intensity

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