

the health hub

What's on in April

Your heart works hard for you, let the Health Hub team help you take care of it.

Book a 15-minute heart health consult with the Health Hub to check in on your blood pressure, understand your results, and take a confident step towards caring for your heart.

[REGISTER HERE](#)

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

Click on the links to download your invites

10 MINUTES WITH TYLER: CAN YOUR GRIP STRENGTH PREDICT YOUR HEART HEALTH? (10min)

Can your grip strength predict your heart health and longevity? Join exercise scientist Tyler to explore the latest evidence.

Date and time

[Wed 1 Apr 10am \(AET\) / 7am \(AWST\)](#)

HEALTH STAR RATING DECODED (20min)

Confused about what the Health Star Rating on food packages actually means? We'll break down how the system is calculated, what those stars really tell you (and what they don't!) and how to use the rating alongside the nutrition panel and ingredients list to make smarter choices at the supermarket.

Date and time

[Fri 10 Apr 11am \(AET\) / 9am \(AWST\)](#)

INDIVIDUAL CONSULTS

Nutrition consults (30min)

[BOOK HERE](#)

Syd/Melb only:

Body composition scan (15min)

Bone density scan (20min)

[BOOK HERE](#)

Perth only:

Heart health consults (15min)

[BOOK HERE](#)

10 MINUTES WITH DIMITY: HEART SMART THROUGH HORMONAL CHANGES (10min)

Want to learn more about why exercise is important during perimenopause, menopause, and post menopause? Join us to find out how regular exercise can support your heart health during hormonal changes.

Date and time

[Wed 22 Apr 10am \(AET\) / 8am \(AWST\)](#)

THIS OR THAT: HEART HEALTHY SWAPS (15min)

Join dietitians Bec and Steph as they explore easy food swaps to support a healthier heart and smarter choices at the supermarket.

Date and time

[Wed 29 Apr 3pm \(AET\) / 1pm \(AWST\)](#)

IN THE KITCHEN SERIES (15min)

11:30am (AET) / 9:30am (AWST)

7 April – [Meal prep mastery: Reduce your mental load](#)

13 April – [Collagen, bone broth and trending wellness foods](#)

20 April – [Breakfast cereals: what's worth your money?](#)

29 April – [Protein shakes: upgrade yours](#)

1 April 12:30pm (AEDT) / 10:30am (AWST) – [Easter special](#)

24 April 10am (AET) / 8am (AWST) – [ANZAC special](#)

Fitness classes & meditations (Times in AET)	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 8:40am	Meditation		Meditation		Meditation
9 – 9:10am		Meditation		Meditation	
10 – 10:10am	Mobility				Head and neck release*
11:30 – 11:40am		10min reset		10min reset	
12 – 12:30pm	Pilates*	ABT*	Strength	Blast the core	Pilates*

*Low intensity

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