

the

health hub

What's on in September

7-DAY RESET (8-14 SEPT)

A comprehensive guide to jumpstart new routines to help you become a healthier, happier, and more energised you. Gain control over your cravings while increasing your wellbeing and energy.

[REGISTER HERE](#)

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

Click on the links to download your invites

THIS OR THAT: SMARTER SWAPS

(30min)

Discover simple food swaps that boost protein, fibre, and nutrition, without giving up your favourites. Learn how small changes can make a big difference.

Date and time

[Mon 8<sup>th</sup> 10.30am \(AET\) / 8:30am \(AWST\)](#)

SHORTCUTS FOR NUTRITION AND

**FITNESS** (30min)

Streamline your health with practical strategies for smarter eating and training. We'll cover efficient meal planning, optimal protein intake, the role of fibre and supplements and answer your questions live throughout the session.

Date and time

[Thurs 11<sup>th</sup> 2:30pm \(AET\) / 12:30pm \(AWST\)](#)

[Fri 26<sup>th</sup> 11am \(AET\) / 9am \(AWST\)](#)

INDIVIDUAL CONSULTS

Nutrition consults (30min)

*Syd only:*

Lung function testing (20min)

Metabolic testing (20min)

Bone density scan (20min)

*Syd/Melb only:*

Body composition scan (15min)

[BOOK HERE](#)

WOMEN'S HEALTH

(30min)

Join us for a conversation on all things women's health – from recommended health checks to lifestyle and nutrition tips to keep you healthy as you progress through each life stage. We'll also take a look at trending FemTech and how it can help you on your own health journey.

Date and time

[Wed 3<sup>rd</sup> 2.30pm \(AET\) / 12.30pm \(AWST\)](#)

THE PCOS PUZZLE

(45min)

Polycystic ovarian syndrome (PCOS) is a condition that affects far more than just your hormones. In this session, you'll learn what's really driving PCOS and how food, movement and lifestyle changes can help ease symptoms and support long-term health.

Date and time

[Tues 16<sup>th</sup> 2pm \(AET\) / 12pm \(AWST\)](#)

[Wed 24<sup>th</sup> 11am \(AET\) / 9am \(AWST\)](#)

COOKING DEMOS

(15min)

11.30am (AET) / 9.30am (AWST)

1<sup>st</sup> – [Fish tacos in a flash](#)

8<sup>th</sup> – [A day on a plate: fibre-focused fuel](#)

10<sup>th</sup> [Pop-up spring snacks](#)

15<sup>th</sup> – [Spring fling salad edition](#)

22<sup>nd</sup> – [Snack smackdown – this or that?](#)

Fitness classes & meditations (Times in AET)	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="#">Slow stretch*</a>		<a href="#">Yoga</a>		<a href="#">Mindful movement*</a>
11.30 – 11.40am		<a href="#">Mindful moment</a>		<a href="#">Mindful moment</a>	
12 – 12.30pm	<a href="#">Bodyweight beast</a>	<a href="#">Pilates fusion</a>	<a href="#">Strength and conditioning</a>	<a href="#">Fighting fit</a>	<a href="#">Pilates</a>

\*Low intensity

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