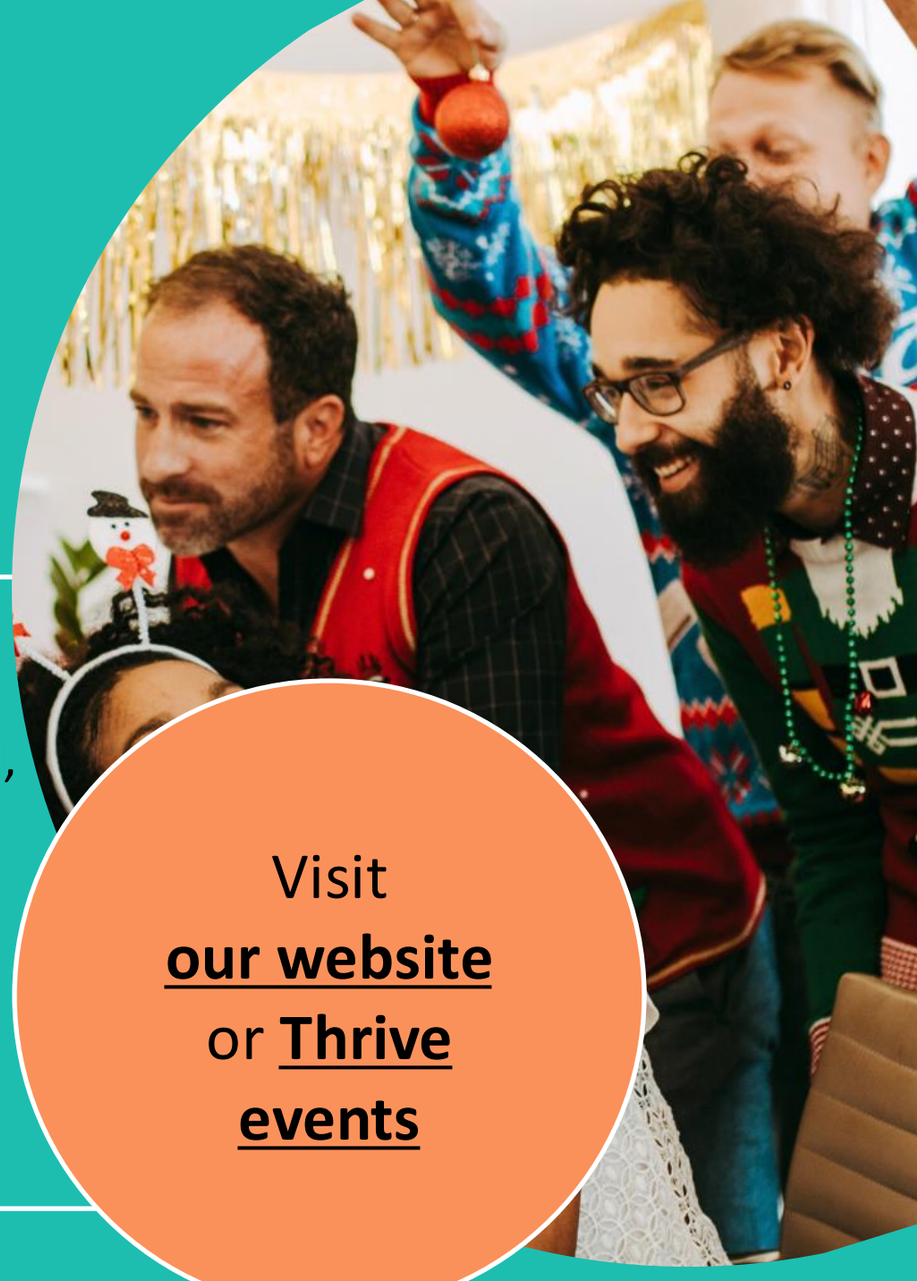
the health hub

CELEBRATING 10 YEARS

What's on in December



JOIN OUR FESTIVE WELLNESS EXPOS IN THE OFFICE

Add some holiday cheer to your day with lucky dip prizes, festive food, body composition scans and more! Keep in the loop about these events by signing up to our mailing list.

SIGN UP HERE

By signing up you will receive email updates about upcoming Health Hub events, webinars, wellness activities and related CBHS programs. You can unsubscribe at any time.

Visit **our website** or **Thrive events**

Click on the links to download your invites

FESTIVE COOK-OFF (15min)

Ready, set, create! Join us for a festive dessert cook-off and discover fun ways to bring a little extra sweetness to your holiday celebrations.

Friday 18 December 11:30am (AEDT) / 8:30am (AWST)

ODD ONE OUT (20min)

Can you find the odd one out? Get creative, get competitive and get ready to have some fun! Put your general knowledge and what you know about health and wellness to the test with this interactive word-play session.

Wednesday 2 December 11am (AEDT) / 8am (AWST)

Friday 11 December 11:30am (AEDT) / 8:30am (AWST)

INDIVIDUAL CONSULTS

Nutrition consults (30min)

BOOK HERE

Syd/Melb only:^

Body composition scans (15min)

BOOK HERE

Perth only:^

Body composition scans (15min)

BOOK HERE

^For general wellness purposes only

RESTFUL HOLIDAYS: THE ART OF R&R (20min)

Dreaming of an overseas adventure, a weekend away or a holiday at home? Sometimes all you need is a little time to pause, but it's often not as easy as it sounds. Join us for tips, inspo and a fresh take on what it means to truly rest and recharge over the break.

Friday 4 December 3:15pm (AEDT) / 11:30am (AWST)

Monday 14 December 2:30pm (AEDT) / 11:30am (AWST)

SWITCH OFF FOR THE HOLIDAYS: A DIGITAL RESET (15min)

Ready to switch off but still reaching for your phone? Learn why digital habits can be hard to break and get practical tips to enjoy the benefits of less screen time, so you can live more in the moment these holidays.

Thursday 10 December 3:30pm (AEDT) / 12:30pm (AWST)

Monday 21 December 11:30am (AEDT) / 8:30am (AWST)

IN THE KITCHEN SERIES (15min)

11:30am (AEDT) / 8:30am (AWST)

7 Dec – Sizzle & share: Garlic prawn skewers with mango salsa

14 Dec – The ultimate festive cheesecake

Fitness sessions & meditations (Times in AEDT)	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 8:40am	Meditation		Meditation		Meditation
9 – 9:10am		Meditation		Meditation	
10 – 10:10am	Nervous system reset*				Nervous system reset*
12 – 12:30pm	Pilates*	Upper body strength	Balance and mobility	Lower body strength	Pilates*

***Low-intensity exercise sessions**

To the extent permitted by applicable law, CBHS Health Fund Limited does not accept any liability for any injury, loss, or damage incurred resulting from your participation, including any use of, or reliance upon, any provided information. This program is of a holistic nature and should not be relied on as a substitute for medical advice, or used to diagnose, treat, cure, or prevent any disease. Your participation means that you understand and agree to release CBHS from all claims arising from your participation to the extent permitted by law.

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