

# the health hub

## What's on in July



### CORTISOL DETOX (4-31 AUG)

Feeling stressed, sluggish, or out of balance? Join the 'Cortisol detox' challenge to naturally detox excess stress hormones, restore calm, and energise your mind and body. Through simple lifestyle tweaks, mindfulness techniques, and nutrition tips, this challenge is designed to help you reclaim control, build resilience, and feel your best. Say goodbye to burnout and hello to balance!

[REGISTER HERE](#)

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

### Click on the links to download your invites

(Times are in AET)

#### TOP IMMUNE-BOOSTING TIPS

(30min)

Learn how key vitamins and minerals work to keep your immune system strong and how to optimise your intake for peak immunity.

#### Date and time

[Tues 8<sup>th</sup> 2pm](#)

[Wed 16<sup>th</sup> 11am](#)

#### IMMUNE POWER FROM THE

**PANTRY** (20min)

Your kitchen could be the most powerful part of your wellness routine. Discover how everyday pantry staples can support your gut health and strengthen your immune system – no fancy ingredients required.

#### Date and time

[Mon 14<sup>th</sup> 2pm](#)

[Wed 30<sup>th</sup> 10am](#)

#### INDIVIDUAL CONSULTS

Nutrition consult (30min)

Body composition scan (15min)

Metabolic testing (20min)

[BOOK HERE](#)

#### LIVE Q&A PANEL: GUT HEALTH AND IMMUNITY

(30min)

Join us for a live Q&A to get expert insights on gut health, immunity and wellbeing. Whether you're experiencing frequent colds or just want to feel your best, bring your questions and join the conversation.

#### Date and time

[Mon 21<sup>st</sup> 1:30pm](#)

#### FEEL-GOOD FLOW FOR IMMUNE

**SUPPORT** (15min)

A routine that blends light stretching, breathwork and mindful movement to stimulate circulation, reduce cortisol levels and lymph flow.

#### Date and time

[Wed 9<sup>th</sup> 2.30pm](#)

[Wed 30<sup>th</sup> 2:30pm](#)

#### COOKING DEMOS

(15min)

Wednesdays 11.30am

2<sup>nd</sup> – [3-in-1 meal prep](#)

9<sup>th</sup> – [5 ingredients, 10 minutes](#)

16<sup>th</sup> – [Meal prep your mornings](#)

23<sup>rd</sup> – [Ready, steady, cook!](#)

30<sup>th</sup> – [This or that?](#)

Fitness classes & 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="#">Yoga*</a>	<a href="#">Stretch it out*</a>	<a href="#">Core blaster</a>
11.30 – 11.40am		<a href="#">Mindful moment</a>		<a href="#">Mindful moment</a>	
12 – 12.30pm	<a href="#">Strong body</a>	<a href="#">Pilates fusion</a>	<a href="#">Upper-body strength</a>	<a href="#">Boxing</a>	<a href="#">Pilates*</a>

\*Low intensity

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