

# the health hub

## What's on in July



### LONGEVITY HEALTH CHECKS

Feel better. Perform at your best. Get your FREE longevity health check to help you better understand aspects of your health.

[BOOK YOUR APPOINTMENT](#)

By booking you agree to CBHS collecting and handling your personal information to provide information about our health program in accordance with our [Privacy Policy](#).

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

Click on the links to download your invites

#### EAT WELL, AGE BETTER (15min)

Learn how to eat for longevity, energy, and optimal body composition, using simple frameworks and smart nutrition "biohacks", like protein timing, fibre diversity, and blood sugar balance.

##### Date and time

[Wednesday 1 July 3pm \(AET\) / 1pm \(AWST\)](#)

[Friday 24 July 10:30am \(AET\) / 8:30am \(AWST\)](#)

#### BIOHACK YOUR BIOLOGY (15min)

From sleep and light exposure to fasting, supplements and recovery - cut through the noise and learn practical ways that may help improve performance, energy levels and overall wellbeing.

##### Date and time

[Tuesday 7 July 2:30pm \(AET\) / 12:30pm \(AWST\)](#)

[Thursday 16 July 10:30am \(AET\) / 8:30am \(AWST\)](#)

#### INDIVIDUAL CONSULTS

Nutrition consults (30min)

[BOOK HERE](#)

Syd/Melb only:\*

Body composition scan (15min)

Bone density scan (20min)

Functional movement screening (20min)

[BOOK HERE](#)

\*For general wellness purposes only

#### STRESS LESS, LIVE LONGER (15min)

Chronic stress impacts everything from fat storage and hormones to gut health. Understand your nervous system, recognise stress patterns, and implement simple tools to regulate, reset and build resilience.

##### Date and time

[Friday 10 July 10.30am \(AET\) / 8:30am \(AWST\)](#)

[Tues 21 July 2:30pm \(AET\) / 12:30pm \(AWST\)](#)

#### THE PLASTIC-SMART HOME (20min)

Did you know research suggests that microplastics have been found in human blood, lungs and even the brain? We will explore current research and learn simple, practical ways to help reduce your exposure.

##### Date and time

[Tues 14 July 11:30am \(AET\) / 9:30am \(AWST\)](#)

[Monday 27 July 1:30pm \(AET\) / 11:30am \(AWST\)](#)

#### COOKING DEMOS (15min)

10:30am (AET) / 8:30am (AWST)

7 July - [Mediterranean secret to longevity](#)

15 July - [Longevity cooking methods](#)

20 July - [Plant-based nutrition for longevity](#)

27 July - [Winter warmers for longevity](#)

Fitness sessions & 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="#">Nervous system reset*</a>				<a href="#">Nervous system reset*</a>
11:30 – 11:40am		<a href="#">Find your calm</a>		<a href="#">Find your calm</a>	
12 – 12:30pm	<a href="#">Pilates*</a>	<a href="#">Pilates fusion*</a>	<a href="#">Strength</a>	<a href="#">Body combat</a>	<a href="#">Pilates*</a>

\*Low intensity

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