

the health hub

What's on in June

EOFY DIGITAL DETOX (8-21 JUNE)

EOFY is busy. Your brain doesn't need to be. Reclaim your focus with our 14-day challenge.

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

Click on the links to download your invites

GUT GARAGE EXPOS

Give your health a quick tune-up at the *Gut garage expo*. Drop in for on-the-spot health checks and grab yourself a free bowel test kit.

Date and time

CBP South Plaza, Level 1: [Wed 3 June 10am-2pm \(AET\)](#)

CBP North Plaza, Level 1: [Wed 10 June 10am-2pm \(AET\)](#)

The Foundry Plaza, Ground Level: [Wed 17 June 10am-2pm \(AET\)](#)

Axle Plaza, Level 1: [Tues 23 June 10am-2pm \(AET\)](#)

DOPAMINE RESET IN A DIGITAL WORLD (15min)

Wired, tired and can't switch off? Your brain wasn't designed for constant digital stimulation. This session explores how dopamine and stress systems are being shaped by modern life, and how to support improvements in focus, motivation, and energy through small practical shifts.

Date and time

[Tues 16 June 10:30am \(AET\) / 8:30am \(AWST\)](#)

[Thurs 18 June 2:30pm \(AET\) / 12:30pm \(AWST\)](#)

INDIVIDUAL CONSULTS

Nutrition consults (30min)

[BOOK HERE](#)

Syd/Melb only:

Body composition scan (15min)

Bone density scan (20min)

Functional movement screening (20min)

[BOOK HERE](#)

Perth only:

Metabolic testing (20min)

Body composition scan (15min)

[BOOK HERE](#)

EMBRACING BOREDOM (15min)

What if doing less was exactly what you needed? Explore the seven types of rest, the surprising power of boredom, and how to truly restore your energy.

Date and time

[Fri 19 June 1:30pm \(AET\) / 11:30am \(AWST\)](#)

[Mon 22 June 1pm \(AET\) / 11am \(AWST\)](#)

THE FIBRE ADVANTAGE (20min)

Join a practical, science-backed session to discover how fibre can help support bowel health. Plus, learn simple food swaps that can boost your intake.

Date and time

[Fri 19 June 11:30am \(AET\) / 9:30am \(AWST\)](#)

[Thurs 25 June 1:30pm \(AET\) / 11:30am \(AWST\)](#)

COOKING DEMOS (15min)

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

1 June – [Battle of the bagels](#)

11 June – [High-fibre breakfasts](#)

16 June – [Fibre-filled gnocchi](#)

22 June – [Comfort food upgraded](#)

29 June – [Winter warmers that actually fill you up](#)

Fitness sessions & meditations (Times in AET)	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*
11:30 – 11:40am		10min reset		10min reset	
12 – 12:30pm	Pilates*	Pilates fusion*	Strength	Body combat	Pilates*
3 – 3:10pm		Desk stretch*			Desk stretch*

*Low intensity

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