

# the health hub

## What’s on in June

### EAT WELL, SPEND LESS CHALLENGE (2-22 JUNE)

Want to eat well without breaking the bank? Join our three-week challenge and discover simple ways to nourish yourself and your family. Learn how to plan and prepare affordable meals, shop smarter and make the most of what you have without sacrificing on taste.

[REGISTER NOW!](#)

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

### Click on the links to download your invites

(Times are in AET)

#### SAVING TIPS FOR YOUR GROCERY TRIPS (30min)

Feeling the tug of rising grocery costs? Join us to learn smart, everyday strategies to help you shop with intention, make the most of your meals and get more value out of every grocery trip.

**Date and time**  
[Mon 2<sup>nd</sup> 2pm](#)  
[Thurs 5<sup>th</sup> 12.30pm](#)

#### ZERO-WASTE KITCHEN (30min)

Join us to discover simple, practical ways to save money, reduce food waste, and make the most of every ingredient in your kitchen.

**Date and time**  
[Mon 16<sup>th</sup> 1pm](#)  
[Wed 18<sup>th</sup> 3pm](#)

#### NUTRITIOUS MEALS FOR LESS (20min)

Join us to learn how to build affordable meals and snacks using pantry staples to support your health and your budget. Remember eating well doesn't have to cost a fortune!

**Date and time**  
[Wed 11<sup>th</sup> 10:30am](#)  
[Fri 13<sup>th</sup> 2pm](#)

#### WALK ‘N’ TALK PODCASTS (20min)

Pop your ear buds in, go for a walk and listen to the Health Hub team share practical tips and insights on:

**Date and time**  
[Wed 4<sup>th</sup> 2:30pm](#) – Feeding a family  
[Thurs 12<sup>th</sup> 3pm](#) – Prepping for performance  
[Fri 20<sup>th</sup> 1.30pm](#) – Cooking for one

#### INDIVIDUAL CONSULTS

Body composition scan (20min)  
Nutrition consultation (30min)

[BOOK HERE](#)

#### COOKING DEMOS (15min)

Wednesdays 11.30am  
4<sup>th</sup> – [Pantry staples](#)  
11<sup>th</sup> – [Zero-waste cooking](#)  
18<sup>th</sup> – [One-pan wonders](#)

Monday 11.30am  
23<sup>rd</sup> – [Fakeaways](#)

Fitness & meditation classes	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="#">Yoga</a>		<a href="#">Core blaster</a>
11.30–11.40am		<a href="#">Meditation</a>		<a href="#">Meditation</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>
1.45–1.55pm		<a href="#">Breathwork</a>	<a href="#">Meditation</a>		

\*Low intensity

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