

the

health hub

What's on in

December

IN-PERSON WELLNESS CHECKS

The holidays can be hectic, but your wellbeing still matters! Sign up to stay informed about the wellness checks happening in your building this December.

[Sign up here](#)

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

Click on the links to download your invites:

BE MERRY, BE KIND (15min)

This festive season, take the time to reconnect to yourself, your team and others. Discover how small acts of generosity and gratitude boost wellbeing by activating the brain's "happy chemicals" – creating a ripple of positivity across the workplace and your day.

Date and time

[Mon 8th Dec 3pm \(AEDT\) / 12pm \(AWST\)](#)
[Thurs 18th Dec 10am \(AEDT\) / 7am \(AWST\)](#)

FESTIVE BRAIN GAMES (15min)

Gather around and get geared up for some competitive festive fun! Finish the year with bragging rights in your team as we test your mind with some brain-engaging tasks and trivia.

Date and time

[Wed 3rd Dec 2pm \(AEDT\) / 11am \(AWST\)](#)
[Fri 12th Dec 10:30am \(AEDT\) / 7:30am \(AWST\)](#)

INDIVIDUAL CONSULTS

Virtual:

Nutrition consults (30min)

Syd/Melb only:
Bone density scan (20min)
Body composition scan (15min)

[BOOK HERE](#)

PAUSE, REFLECT, INTEND (15min)

Before we race into the new year, take 15 minutes to pause and reflect on the year that was. In this guided session we'll acknowledge what worked, what challenged us, and what we've learnt along the way. Feel grounded, inspired and ready to step into the new year with confidence.

Date and time

[Fri 5th Dec 11am \(AEDT\) / 8am \(AWST\)](#)
[Fri 19th Dec 2pm \(AEDT\) / 11am \(AWST\)](#)

FIND YOUR WORD FOR 2026 (15min)

Before the year comes to a close, take a moment to pause and set your intentions for the year ahead. In this guided workshop, you'll explore what you want to cultivate in 2026 and leave with a renewed sense of clarity and a meaningful anchor to guide you through the upcoming year.

Date and time

[Tues 9th Dec 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)
[Mon 15th Dec 10am \(AEDT\) / 7am \(AWST\)](#)

COOKING DEMOS (15min)

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

Wed 3rd – [Festive food pantry tour](#)

Mon 8th – [Festive bites](#)

Mon 15th – [Festive leftovers](#)

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	Pilates*		HIIT		Mobility*
11:30 – 11:40am		Mindful moment		Mindful moment	
12 – 12:30pm	Pilates*	Strength	Yoga*	Strength	Pilates*

*Low intensity

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