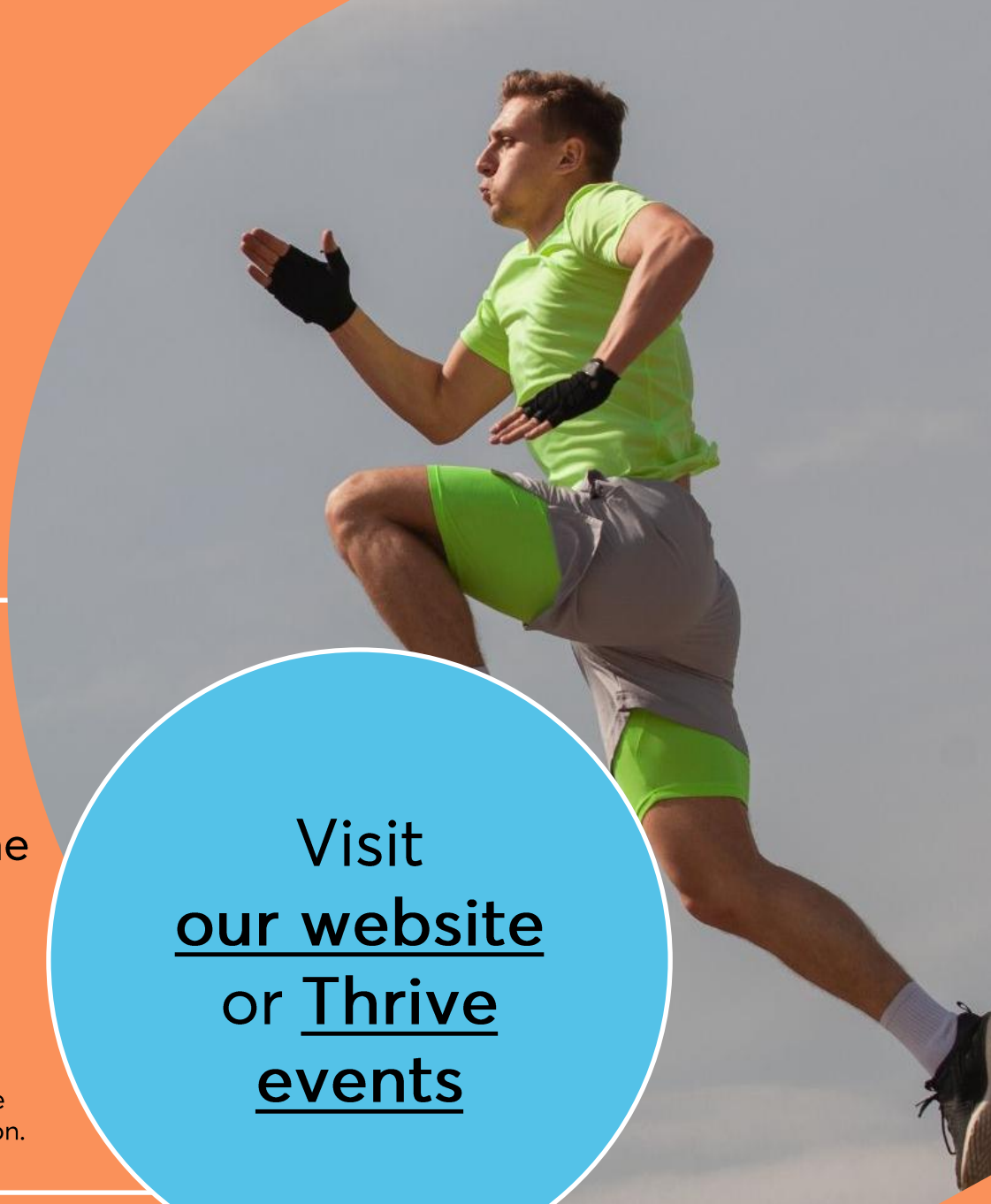


What's on in November



FUTURE-PROOF YOUR BODY (2-27 NOV)

Join our month-long challenge designed to help you move more freely, reduce aches and pain, and build confidence in the way your body moves.

REGISTER HERE

When you register, CBHS will collect and handle your personal information to administer your participation in the program. Please see the privacy information provided at registration and our [Privacy Policy](#) for further information.

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

Click on the links to download your invites

TRAIN FOR THE BODY YOU WANT AT 80 (30min)

It's not just about burning calories, it's about building a body that lasts. Learn why strength, muscle mass, and mobility are critical for longevity, and how to train to support your future self.

[Tuesday 10 November 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)

[Friday 27 Nov 1pm \(AEDT\) / 10am \(AWST\)](#)

SLEEP FOR LONGEVITY (30min)

Think sleep is just about feeling rested? Think again. We'll unpack the science behind sleep and longevity, plus simple, practical strategies you can use to improve your sleep and set yourself up for a healthier future.

[Thursday 5 Nov 11am \(AEDT\) / 8am \(AWST\)](#)

[Thursday 19 November 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)

INDIVIDUAL CONSULTS

Nutrition consults (30min)

Longevity checks (30min)

[BOOK HERE](#)

Syd/Melb *only*.\*

Body composition scan (15min)

[BOOK HERE](#)

\*For general wellness purposes only

SKIN DEEP: THE SCIENCE OF SKIN LONGEVITY (20min)

Your skin tells a story of how you age. Learn evidence-based skincare tips, collagen support, and the habits that help maintain stronger, healthier, more resilient skin over time.

[Friday 13 November 11am \(AEDT\) / 8am \(AWST\)](#)

[Monday 23 November 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)

EAT YOUR WAY TO HEALTHIER SKIN (15min)

What you eat can play an important role in supporting healthy skin from the inside out. Join us to learn the key nutrients that support skin health, with simple, nourishing recipes you can easily recreate at home.

[Monday 9 November 10:30am \(AEDT\) / 7:30am \(AWST\)](#)

IN THE KITCHEN (15min)

10:30am (AEDT) / 7:30am (AWST)

2 Nov – [Food hacks you didn't know you needed](#)

9 Nov – [Eat your way to healthier skin](#)

16 Nov – [Healthy fats, fish & nutrition for movement](#)

23 Nov – [Collagen, vitamin C & protein](#)

| Fitness sessions & meditations (Times in AEDT) | 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>  |
| 12 – 12:30pm                                   | <a href="#">Pilates*</a>               | <a href="#">Upper body strength</a> | <a href="#">Balance and mobility*</a>  | <a href="#">Lower body strength</a> | <a href="#">Pilates*</a>               |
| 3 – 3:10pm                                     | <a href="#">Future-proof your body</a> |                                     | <a href="#">Future-proof your body</a> |                                     | <a href="#">Future-proof your body</a> |

\*Low-intensity exercise sessions

To the extent permitted by applicable law, CBHS Health Fund Limited does not accept any liability for any injury, loss, or damage incurred resulting from your participation, including any use of, or reliance upon, any provided information. This program is of a holistic nature and should not be relied on as a substitute for medical advice, or used to diagnose, treat, cure, or prevent any disease. Your participation means that you understand and agree to release CBHS from all claims arising from your participation to the extent permitted by law.