

the

health hub

What's on in

October

NAVIGATE MENOPAUSE WITH CONFIDENCE (5-31 OCT)

Discover practical ways to manage physical, emotional and mental changes that can occur during menopause.

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

Click on the links to download your invites

PERIMENOPAUSE: BEYOND SLEEP HYGIENE (30min)

Go beyond standard sleep advice with practical tips to calm your nervous system, manage restless nights and build habits that support better sleep, so you can awake feeling refreshed.

Date and time
[Monday 19 October 2pm \(AEDT\) / 11am \(AWST\)](#)

THE MENOPAUSE PUZZLE (30min)

Every menopause journey is different. Through four real-life scenarios, explore how nutrition, exercise, sleep and lifestyle strategies can help manage symptoms and support healthy ageing.

Date and time
[Friday 23 October 11am \(AEDT\) / 8am \(AWST\)](#)

INDIVIDUAL CONSULTS

Nutrition consults (30min)
Supplement consults (20min)
[BOOK HERE](#)

Syd/Melb only:*
Body composition scan (15min)
Bone density scan (20min)
Functional movement screening (20min)
[BOOK HERE](#)

*For general wellness purposes only

TRENDS IN SUPPLEMENTS: COLLAGEN & CREATINE (20min)

Discover how creatine and collagen may help support muscle strength, bone and joint health, healthy ageing and overall wellbeing. We'll share what the research says, who may benefit and simple ways to incorporate these supplements into your daily routine.

Date and time
[Thursday 29 October 11:30am \(AEDT\) / 8:30am \(AWST\)](#)

WHAT'S REALLY IN YOUR FOOD? (15min)

Ultra-processed foods are everywhere. Join us as we unpack what's really in packaged foods, decode labels, bust common myths and explore simple swaps to help you make more informed food choices.

Date and time
[Tuesday 20 October 11am \(AEDT\) / 8am \(AWST\)](#)

IN THE KITCHEN (15min)

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

8 October – [Fakeaway favourites](#)
12 October – [Immune boosters](#)
19 October – [DIY healthy salad dressings](#)
26 October – [Fermented foods made simple](#)

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*
12 – 12:15pm		Low-impact HIIT*	Low-impact HIIT*	Low-impact HIIT*	
12 – 12:30pm	Pilates				Pilates
3 – 3:10pm	Mobility*				Mobility*

*Low-intensity exercise sessions

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