

SPECIAL OFFER

Sign up to the Healthy Body and Mind Hub and get a mental health module **FREE!**

While at **AHRI**, sign up to the leading employee health and wellbeing online portal, the Healthy Body and Mind Hub and to choose from one of two mental health modules – R U OK? or mental health module, at no extra cost.

Each month, the magazine-style production is themed around a health and wellbeing topic. Employees journey through the month to become aware, educated and empowered to embrace lifestyle changes.



FREE*



R U OK? module will turn a day of action into a month, and remind employees that every day is a good day to have a meaningful conversation.

OR



Mental Health module helps employees have a better understanding of what mental health is, its effect and provide resources to support their journey to a more positive mindset.

Scan the **QR code** to see a live demo of the Healthy Body and Mind Hub. For more information, come and see us at **AHRI exhibition stand G16**
Call **Kate** 0406 685 442
Email us hello@healthatwork.net.au



Win a Healthy Body and Mind Hub subscription for your business, valued at up to \$30,000!

And we have two to give away.

There will be two lucky winners each day of the conference, so if you don't make it along to our stand (**G16**) on Tuesday, make sure to come talk to us about employee health and wellbeing on the Wednesday. The two lucky winners will be announced at the end of each day.



Enter into this competition to win your business a full year's subscription to the leading employee health and wellbeing online portal, the Healthy Body and Mind Hub and you will automatically be in the running to receive a great **vision board kit** to help give you clarity, direction and purpose.

Created by one of Australia's foremost strategic life coaches, and best-selling author - **Shannah Kennedy** – is an example of the leading subject matter experts featured on the Healthy Body and Mind Hub.



Scan the **QR code** to see a live demo of the Healthy Body and Mind Hub that featured Shannah Kennedy.

To enter, come and see us at AHRI exhibition stand G16

