

HEALTHY BODY & MIND HUB

he@lth
work

An online health & wellbeing program

This online education platform will support your employees when they need it, with easy access to a range of mind and body resources that will assist their health and wellbeing, whether working from the office, home or on the road.

For small organisations the Hub and resources will provide a comprehensive health and wellbeing program that can be supported by workplace conversations.

For larger workplaces the Hub and resources will support your broader health and wellbeing program.

Each monthly Hub is themed and can be shared directly with your employees.

1. You can reach 100% of employees with internet access
2. It is easy to set up and implement (we will do all the work for you)
3. It is cost effective and environmentally sustainable
4. Employees will access the Hub via a URL unique to your company and then access the information that interests them

Check out the features below to see how you can best support your workforce during these uncertain and isolating times.

ALL ANNUAL SUBSCRIPTIONS INCLUDE:

- Dedicated Client Relationship Manager
- Marketing Strategy & Plan
- Your Company logo
- Monthly engagement & support Report
- Access to your own back end reporting Hub

The Hub can be accessible to your employees within 48 hours of order.

Contact us for more information
or a demonstration

THE CONTENT

Each month is themed on a specific Health & Wellbeing topic, and your employees are encouraged to journey through the month to educate, empower and inspire themselves to make sustainable, improved health changes.

- Live Webinars, Cooking Demo's, Podcasts
- Live stretching & mindfulness classes
- Self Challenges
- Information Flyers
- Recipes
- Videos

Wellness Library tile - where all the previous months content is house, so the Hub become a Wellness Library for your employees.

Also included is our highly engaged Jump into Life Newsletter that cover all the National & International awareness days/weeks, and have supporting articles.



HEALTHY BODY & MIND Hub

The power of the mind

This September we are exploring the power of the mind and being positive:
 Start this month by debunking the myths surrounding digestion, gut health and the impact of food on your mood. Our gut is like a second brain, so it is important to understand how we can keep it nourished so it can flourish. Join the live Webinar where you will learn all things gut health, then dive into the short video on the digestion process. Switch up your favourite pub meal – the chicken

PREVIOUS EDITIONS

Webinar
GROWTH MINDSET VS FIXED MINDSET
 Join **Ange Ritchie** for a live webinar on how to change your mindset.
Date: Tuesday 11th August, 1:00pm AEST
REGISTER NOW

Video
THE POWER OF THE MIND
 Watch the 8 minute video with Psychologist **Mayley Meyer** who explains how the human mind is one of the strongest and most useful powers you possess.

Health Information Flyer
10 WAYS TO CULTIVATE GRATITUDE
 Studies show that deliberately cultivating gratitude can increase our wellbeing and happiness. Learn how to here.

Get Cooking
BEETROOT PORRIDGE
 Yes that's right beetroot for breakfast! Try this delicious blood building, liver strengthening and iron rich recipe.

Jump into Life Newsletter
 This month you can read up on:
 • Plant for your plate - What to plant in the veggie garden now
 • What's involved in a prostate cancer screening?
 • Conversations matter... it could save someone's life
 • Understanding cardiovascular disease

PODCAST
Understanding Our Minds
LISTEN NOW

Live Online Classes
POSITIVE MINDSET PRACTICES
 Experience and learn some simple practices to build your awareness around your thought patterns and start turn those negative thoughts into positive ones.
Tuesdays @ 1pm AEST
REGISTER HERE

Live Online Classes
QUIET THE MIND
 Tune into these classes to learn techniques to turn down the chatter in your mind, so you can feel clear, calm and stable.
Wednesdays @ 12pm AEST
REGISTER HERE

MOVE. BREATHE. PAUSE. STRETCH.
 Take a break and revisit a 10 min class
CLICK TO VIEW LIBRARY

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HEALTHY BODY & MIND Hub

The power of the mind

September 2021
 The human mind is very powerful. This month build your awareness, change thought patterns and cultivate a growth mindset with our Understanding Our Minds podcast, Growth Mindset vs Fixed Mindset live webinar, the Power of the Mind video and learn how to incorporate gratitude into your life. Remember, that to be good at anything we must practice! So, join the online live classes to learn practices to quiet the mind and build a positive mindset.

PREVIOUS MONTHS

Webinar
GROWTH VS FIXED MINDSET
 Join goal setting coach, **Ange Ritchie**, for a live webinar on how to change your mindset.

For more information

CALL 1300 245 203
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