

HEALTHY BODY & MIND Hub

he@lth
work

Embrace your health! This online education platform will give you easy access to a range of mind and body resources that will support your health and wellbeing ongoing.

Every month will feature:

Jump into Life newsletter:

5 contemporary articles presented in an online magazine style.

Mind & body feature: a deep dive into one specific topic in an online and printable poster series.

Self-development: Further your learning through challenges, podcasts & missions that relate to the monthly theme.

Recipe: a simple, delicious and easy to cook healthy meal idea.

Webinar: a 45-minute webinar presented by qualified professionals live & on demand.

Live Classes: 2 x Stretching and Mindfulness classes each week.

Better health
is at your
finger tips!

