WELLNESS WEEK

A HEALTHY BODY & A HEALTHY MIND
HAND IN HAND

STRESS
Keep a positive attitude and make time for hobbies, interests and relaxation.

SLEEP
Get enough rest and sleep. Your body needs time to recover from daily events and the pressures of life.

ORANGES
Boosts immune system function, reduce signs of aging, protect against cancer and boost cellular repair.

WHEN
Tuesday 15 October
Thursday 17 October

WHERE
Parkville Campus

WHAT
Offering fruit and providing information on wellness

APPLES
Helps improve digestion, prevention of stomach disorders, constipation and liver disorders.

EXERCISE
Exercise regularly. Your body can fight stress better when it is fit.

CONTACT
Your Safety Business Partner
For more information, please visit - https://safety.unimelb.edu.au/health-and-safety-month

An initiative for Health & Safety Month