



Hi «First Name»

Welcome to your
Corporate Bodies VIC May
Newsletter

Events this month

1ST—6TH MAY

HEART WEEK

[Heart Foundation](#)

26TH MAY

AUSTRALIA'S BIGGEST MORNING
TEA

[Cancer Council](#)

31ST MAY

WORLD NO TOBACCO DAY

[World Health Organisation](#)



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Corporate Bodies International VICTORIA: May 2011 Enjoy a healthy morning tea with your workmates— All for a good cause!

Many workplaces across Australia participate in the Cancer Council's [Biggest Morning Tea](#). This is a great opportunity to catch up with your workmates and support a worthwhile cause. Why not combine health with your fundraiser and include some healthy options this year? A CBI DAA Accredited Practising Dietitian can help to provide a fun, interactive healthy morning tea, including a cooking demonstration and healthy snacks prepared onsite for all staff. For more information about a healthy cooking demonstration in your workplace [click here](#).



HEALTH

The human heart is an amazing organ that can beat up to 100,000 times per day! Although Heart Disease is Australia's number 1 killer, the good news is that it's largely preventable. Making simple changes, such as eating more fibre and moving more can make a big difference to the health of our hearts. Becoming involved in healthy activities at work can help to keep motivation levels up when the colder weather creeps in. [Click here](#) to find out about how CBI health professionals can assist your employees in keeping their hearts healthy this winter.



SAFETY

In Victoria, WorkSafe offer free 60-minute information sessions to learn more about the latest news and developments in work health and safety, return to work and WorkSafe premiums.

Sessions include:

- new information to help you comply with your obligations to return injured workers to work
- major safety priorities for your business
- where inspectors are focusing their efforts over the next year
- upcoming changes to employer premiums

[Click here](#) to find a session coming up in your local area.

WORKPLACE HEALTH SPECIALS: FREE LIFE! PROGRAM — INFORMATION SESSIONS

Life! Take Action on Diabetes is a program that educates participants about diabetes, healthy eating, physical activity and goal setting to achieve lifestyle changes. This month CBI are offering **FREE** onsite information sessions (valued at \$120) to discuss diabetes prevention, provide information about the Life! program and offer diabetes risk assessments. [Click here](#) for more information.



The Corporate Bodies VICTORIA Team wish you well for the month ahead!

Please visit our website www.corporatebodies.com.au or contact us on 1300 21 31 41

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