

Welcome to the February edition of Wellbeing at Monash.

Proudly presented by Monash Sport and Health, Wellbeing and Development, you can now read about the latest wellbeing events, services and activities happening at Monash. Monash aims to assist staff in achieving a healthy work/life balance using a holistic approach – mind, body, spirit and the community. There are some great prizes to win so read on!



WIN a \$100 Coles Myer voucher!

We value your feedback. Tell us what you think of this edition of Wellbeing at Monash (or any wellbeing service you would like to see) and you could win a \$100 Coles Myer voucher or a free 1 month Monash Sport voucher.

[Send your feedback here](#)

Monash Sport membership staff promotion

After recent focus groups held with staff, Monash Sport are implementing a limited time only membership offer for Monash University staff.

Until the end of March 2009, Monash University Staff have the opportunity to take up one of the following great offers:

1. Salary package any Monash Sport membership at 2008 rates*
2. Sign up on Direct Debit or 12 month upfront and receive 10% off.* The discounted rate will apply until March 2010.

For further information about this great offer visit the [Monash Sport staff promotion webpage](#)



Gender Health – What every man and woman needs to know about their health!



To raise awareness of men and women's health issues and encourage men and women to be proactive about their health, a free seminar is being held for Monash staff.

The separate men and women's health seminars will deal with male and female health issues below the waist and will be interactive so your questions will be answered.

When: For dates, locations and to book [click here](#)

Cost: Free

Monash Sport Come and Try Day – free entry

All Monash staff are invited to come and try the Monash Sport facilities – FREE!

When: Monday 2nd March to Friday 6th March
Time restrictions apply and are subject to availability.

Where: Clayton, Caulfield, Peninsula

Visit the [Come and Try Day webpage for more info](#)

Did you overindulge during summer?



New workplace weight loss program

Wellbeing at Monash and Monash Sport have developed a new 12 week workplace healthy eating and training program. The program includes a weekly one on one consultation with a health consultant and the option of individualised training sessions.

If you have tried Weight Watchers, Jenny Craig and many others, this may be the new program for you!

When: The program is anticipated to commence in March

Where: Available at Clayton, Caulfield and Peninsula campuses. Staff from campuses other than the above are invited to register their interest by emailing monash.wellbeing@adm.monash.edu.au

Cost: The 12 week program costs \$250 and can be salary sacrificed.

Interested? View more detailed [info here](#)





Fit Camp

Fit Camp is a new Fitness Service run by Monash Sport and is a six week fun, social, challenging and rewarding way of training. For those about to embark on their first fitness program or looking for a new challenge Monash Fit Camp is for you.

Some of the results you can expect to see include;

- reduced body fat
- muscle tone
- increased cardiovascular fitness
- strength gains

For more information visit the [Fit Camp webpage](#)

Payment can be made by salary sacrifice.

Take time out for yourself— free lunchtime mindfulness meditation classes

With the New Year in full swing it is important to take time out for yourself.

Clayton, Caulfield and Parkville staff are invited to participate in free weekly mindfulness meditation sessions.

30 minutes of meditation at lunchtime has been shown to significantly enhance relaxation and concentration in the workplace.

For session details visit the [HWD webpage here](#)



Get Up & Go – walking buddy program

Get Up and Go is a new initiative that has been developed by Health Wellbeing and Development and Monash Sport aimed at pairing volunteers together who would like to get out and go for a walk.

When: Program commences Monday 23rd March

Who can participate? Caulfield students and staff (this pilot program may be extended to other campuses in the future)

Cost: Free

Interested? For more detailed information and to register your interest visit the [Get Up & Go webpage here](#)





Save on your health insurance premiums with HBA

As an employee of Monash University, you can now get discounted health insurance including;

- discounted premiums
- 2 weeks free cover
- no gap dental for kids
- a single room or money back.

HBA consultants will be visiting Monash for private consultations to assist with your health insurance related questions:

Clayton - 10th & 12th March
Caulfield - 11th & 17th March
Berwick & Peninsula - 18th March
Parkville - 25th March
Gippsland - 20th March

To book your 20 minute private consultation, email Rosalind.izod@hba.com.au or call Ros from HBA on 0434-182-360.

For detailed information about the special offer visit the [Monash HBA webpage info here](#).

Lunchtime Concert Series

Looking for something to do at lunchtime? Why not enjoy a lunchtime concert, presented by the School of Music – Conservatorium.

When: Each Thursday during semester 1 from 1.10pm - 1.50pm

Where: Music Auditorium, Ground Floor, Building 68, Clayton Campus.
Free lunchtime concerts will also run at the Gippsland Campus.

Cost: \$4 per concert or purchase a lunchtime semester pass; 6 concerts for \$21 or 13 concerts for \$39.

For more detailed information visit the [School of Music webpage](#).

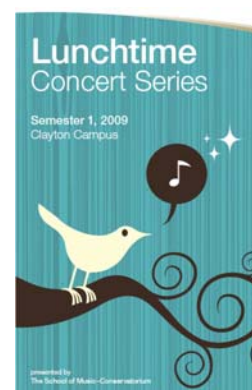
Discounted holiday travel

GDM is pleased to offer Monash University staff a variety of discounts off services for personal use including:

- 5% off package rates
- Access to the online booking system
- 15% off travel insurance
- The best competitive fare of the day

Current holiday specials include Fiji, Canada, Bali, Bangkok and Europe

[View detailed information here](#)



Thinking Green



Simple things to be save water at home

Drinking water - Keep a container of drinking water in the fridge so that you don't run water down the plug hole waiting for the water to cool.

Thawing frozen foods - Thaw frozen foods in the fridge rather than placing them under running water.

Washing vegetables - Save water by washing vegetables and rinsing dishes in a plugged sink or basin – not under a running tap.

Cooking vegetables - Microwave, steam or use a pressure cooker to cook vegetables, to retain more flavour and use less water than traditional boiling.

Clothes washing - Wait for a full load of washing before reaching for the detergent as every load less saves 17 buckets of water.

Visit [Greening Up Our Act](#) for more tips and information.

Freebies and discounts



Wellbeing at Monash is busy sourcing great wellbeing discounts for you! Discounts include

- Magazine subscription discounts
- Tired of cooking? Let Lite n Easy do the work for you
- Virgin Blue Lounge & Qantas Club access
- Physiotherapy
- Hot Air Ballooning

[Read more information here](#)

We value your feedback

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[Send your feedback here](#)

Useful links

[OHS](#)
[Wellbeing at Monash Online](#)
[Health, Wellbeing and Development](#)
[Positive Monash](#)
[Monash Sport](#)
[Greening up our Act](#)