



bendigo  
Community Health  
services

**#5ways to Wellbeing campaign 2019**

# Give the gift of **FREE** cookies



It's time to **'Give Back'** to your workplace with a gift of delicious free cookies as part of our 2019 **#5ways to Wellbeing campaign** this March. The free cookies were a huge hit during our first **#5ways** campaign last year with more than 3000 finding their way to very grateful businesses and schools. Some organisations held special morning teas to raise awareness of wellbeing and mental health which was sensational to see! Given the popularity of the free cookies, we need you to nominate your workplace and let us know why you want to **'Give back'**. Please complete the order form over the page and return by email to [isabelnichol-smith@bchs.com.au](mailto:isabelnichol-smith@bchs.com.au) by March 19.

**Don't forget ... get in early as cookies are limited!**

## **#5ways to Wellbeing dates**

Please check out our other great **#5ways to Wellbeing** events:

### **Day 1, March 25: Take Notice**

Enter our photographic competition by sending us a picture in one of three categories: Bendigo Highlights, Connect or Be Active.

### **Day 2, March 26: Give**

Time for some delicious free cookies for your workplace or school.

### **Day 3, March 27: Connect**

Enjoy a free family movie night in Canterbury Gardens with the PG animated comedy *Early Man*. Bring a picnic and enjoy the fun.

### **Day 4, March 28: Keep Learning**

The team from Smiling Mind is coming to Bendigo to teach workplaces all about how to become resilient in times of stress.

### **Day 5, March 29: Be Active**

Let's have some fun! It's a free kidz party with fun activities from 4pm to 6pm at our kidzspace hub at 13 Helm Street in Kangaroo Flat.

**Connect with us: [www.bchs.com.au](http://www.bchs.com.au)**



# Free cookies: order form

Please complete this order form and return by email to [isabelnichol-smith@bchs.com.au](mailto:isabelnichol-smith@bchs.com.au) before close of business on March 19. Thank you for supporting our efforts to raise awareness about wellbeing/mental health through **#5ways**. **Don't forget to get in early as cookies are limited!**

**Name:**

**Organisation:**

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**Contact number**

**Email address**

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**How many cookies do you need?**

**Pick up or delivery?**

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**Address for cookie delivery:**

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**Please provide us with a short sentence on why you want to 'Give back' to your workplace:**

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**Please note:** We will send you a quick survey after you've received the cookies to get some feedback on how they were received at your workplace, school or organisation so we can continue to make #5 ways bigger and better. Thank you.

Connect with us: [www.bchs.com.au](http://www.bchs.com.au)

