

# #5ways to Wellbeing

**Strong wellbeing is the foundation for good health**



*Good mental health is essential to living a happy and healthy life. It's about how you are feeling and dealing with daily life. From March 25 to March 29 we're hosting #5ways to Wellbeing - five days of fun activities designed to remind the community why wellbeing is important to a healthy lifestyle. Our first #5ways campaign engaged with around 50,000 people last year and we're keen to spread this vital message further in 2019. Are you ready?*

*Find more detail on the #5ways activities over the page >>>>>*

## **#5ways activities**

### **Day 1: Take Notice**

Monday, March 25

### **Day 2: Give**

Tuesday, March 26

### **Day 3: Connect**

Wednesday, March 27

### **Day 4: Learn**

Thursday, March 28

### **Day 5: Be Active**

Friday, March 29

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



# #5ways to wellbeing

**Activities: Which one(s) will you be taking part in?**

## Day 1 - Take Notice

### Monday, March 25

Too often we miss the little things, we want you to slow down and 'take notice' of the world around you. Please enter our photo competition and show how you take notice of the world around you. Submit your entry for one of three categories:

**Bendigo Highlights:** Enter a photo that captures something great that Bendigo has to offer. Could be your favourite building, landscape, nature or something that shows what Bendigo means to you.

**Connect:** Take a photo of your best friend, family or pets or anyone that makes you feel happy.

**Be Active:** Enter an action photo that shows how to be active. It could be playing sport, taking the dog for a walk or playing in the playground.

Be creative and enter for your chance to win a great prize! Send your pictures to [isabelnichol-smith@bchs.com.au](mailto:isabelnichol-smith@bchs.com.au) or via our [Facebook page](#). Don't forget to include some details about why the picture is special to you!

**Please note:** Pictures entered will be used on our website and could appear on our social media platforms.

## Day 2 – Give

### Tuesday, March 26

Do you have a workplace that goes above and beyond? Want to thank them? 'Give back' with a gift of delicious cookies. Just nominate your workplace and let us know why you want to 'Give back'. Organisations last year held great morning teas to raise awareness of mental health and wellbeing while staff enjoyed their cookies! Register for cookies for your workplace by visiting <http://bit.ly/5waystoWellbeing> or emailing [isabelnichol-smith@bchs.com.au](mailto:isabelnichol-smith@bchs.com.au)

## Day 3 – Connect

### Wednesday, March 27

Join us for a FREE movie night with the great PG-rated animated comedy Early Man at Canterbury Gardens at 5.30pm for a 6pm start. Bring a picnic, chair or rug and enjoy a fun night out with the family. Early Man tells the story of Dug and his trusty sidekick Hognob as they fight to save their home around the dawn of time when prehistoric creatures and woolly mammoths roamed Earth. It's a happy movie with plenty of fun and heartwarming moments.

## Day 4 – Learn

### Thursday, March 28

We're bringing the team from Smiling Minds to Bendigo to teach workplaces how to be resilient in times of stress. It's all about how to bounce back and to bend and not break. The workshop will run from 10am to 2pm at The Bendigo Bank Theatre in The Capital at 50 View Street, Bendigo. Register by using this link: <http://bit.ly/SmilingMinds> More than 300 people turned out for last year's Smiling Mind's workshop with great feedback. Well worth the effort!

## Day 5 – Be Active

### Friday, March 29

Time for some fun! Grab the kids for a FREE #5ways Kidz Party in our kidzspace hub at our Kangaroo Flat site from 4pm to 6pm. There'll be snakes and lizards to pat, a magician, games, barbecue tea. Register your interest with our #5ways team by email [isabelnichol-smith@bchs.com.au](mailto:isabelnichol-smith@bchs.com.au) or giving us a call on 5448 1600 today.

### Want to take part in #5ways or learn more?

Please email [isabelnichol-smith@bchs.com.au](mailto:isabelnichol-smith@bchs.com.au) or call 5448 1600 if you want to take part in #5ways or have a question.

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

