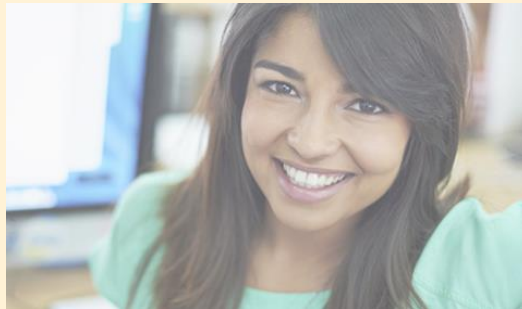


COMING UP IN SEPTEMBER...

COMPANY CODE: GU195



Thursday September 13, is also [RUOK? Day](#). This is a fantastic opportunity to connect with others and have meaningful conversations. [If you notice someone struggling, why not start a conversation with them today?](#)

Click the image above to find out more about RUOK? Day

WOMEN'S HEALTH

Health – it's a topic that women are intuitively expected to know and understand. And women are typically better at navigating the health care system than men. However, [women today have more on their plate than ever before](#). This leaves little time for self-care and can often mean our health and wellbeing suffer. Good nutrition, movement, sleep, and emotional health are often neglected, contributing to a range of chronic health issues over time.

This month we will be shining the light on the issues that impact ourselves &/or the women in our lives. *Click the 'Register me' button to get involved.*

[REGISTER ME](#)

LOOKING FOR MORE...?

Are you looking for health information delivered straight to your email inbox? [Click the link below to start receiving the fortnightly Wellness Insider](#). Topics include mental health, fatigue, diet and exercise trends, and much more!

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