

CHRISTMAS 2023 ISSUE 44

HEALTH EDUCATION COLLABORATIVE



A MESSAGE FROM OUR CEO

Bruce Greaves CEO/Director



The holiday season is fast approaching, and we would like to wish all our past, present and future participants a happy, safe and healthy Xmas and New Year.

The past month has been a busy one. I have personally travel into regional NSW, Victoria and Adelaide several times to facilitate programs. A highlight for me has been delivering programs for Sydney University rural campuses in Dubbo and Orange to medical students and a few interns. Great people and great teaching facilities.

In 2024 I will be concentrating on the development of several narrow topic programs. We will also be adding to our ECG course. This course is a must do for those working in any monitored or high dependency area or anyone who is taking or reviewing ECGs.

Our health and wellness program will also be undergoing some changes. This program will have several options for health professionals and non-health professionals alike. 2023 has had many challenges for people especially health professionals. Getting your personal health back on track is important for you, your family and your patients. Is 2024 time for you to RESTTE your health?

2024 is shaping up to be a most productive year and I'm looking forward to working on new programs with our collaborative partners and our collective team of highly skilled facilitators.

Check out our Christmas offer.

Happy holidays and please be safe. Looking forward to seeing you in 2024.

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Bruce Greaves 0444 547036

EDUCATION UPDATE

Marg Villella

Director



Microlearning modules

The final part of our critical thinking course is FREE and available from the **12 December 23**. Critical Thinking: Information Literacy covers the following topics:

How to identify reliable information
How to identify Satire and Fake news

Each module is approximately ten minutes in duration.

Click [here](#) to enroll in Critical Thinking in the Workplace.

A bit of Christmas Education

Which fairy tale helped inspire gingerbread houses?

Although gingerbread houses date back to the 1600s, the tradition became widespread in Germany after the story of Hansel and Gretel was published in 1812.



Why do we kiss under the mistletoe?

This popular kissing tradition may have its roots in Norse mythology. Frigg, the goddess of love, promised to kiss anyone who passed under the berry-laden plant after it saved her son's life. It wasn't until the 18th century, however, that the Christmas custom gained momentum in England.

How did the tradition of Christmas trees begin?

Germany started the Christmas tree tradition in the 16th century, when Christian families set up trees in their homes and decorated them with lighted candles.

What is the best-selling Christmas song of all time?

Bing Crosby's classic song "White Christmas" is not only the best-selling Christmas song, but the best-selling single of all time.

Please continue to check our [events](#) page to see course dates for 2024.



Upcoming courses

We have courses booked in:

- Brisbane
- Sydney
- Melbourne
- Sunshine Coast
- Bundaberg
- Perth
- Newcastle
- Townsville
- Rockhampton
- Wangaratta
- Launceston

Receive **15%** off these courses if you book before the
30 December 2023.

Enter the coupon code **christmas15** (all lowercase
and all one word).

Please share with your colleagues.

See our [events](#) page for the dates.



Health & Wellbeing



Sherryn Lethlean

We can hear the sounds of jingle bells and clinging of wine glasses, serving up of big feasts and Xmas parties galore. Christmas is almost upon us, and whilst we should enjoy this time of cheer, gathering and celebration with those closest to us, it is also a good time to practice restraint and be mindful of our lifestyle practices and dietary consumption.

They call it the festive season for good reasoning, because it's not just one day - many people experience a higher level of stress at this time due to rushing around obtaining last minute preparations, gifts, working to pay for it all, parties, get togethers and everything in between.

Many exercise plans go straight out the window - now if this was one day or even a short week, it wouldn't impact your body too much, but often people go the entire month of December and beyond off their routine, and then spend a lot more time at the start of the new year attempting to catch up - often we don't.

So, enjoy your time of course, but perhaps don't scrimp on the exercise component or choose one event to truly let your hair down and simply enjoy the remaining without the greasy or sugary food - simply have a great time without them, or reduce the serving sizes. Letting your hair down each year shouldn't come at the cost of your health - it is possible to have both just get the balance right for you.







Health & Wellbeing


Sherryn Lethlean





Here is some suggestions to help you get through it:


 Increase your exercise to help counteract the increase in calories for this time. Walk a bit further and go daily. Do some more weight sessions in your weekly routine.


 Prioritise your health as much as any other activity - the best gift you can give yourself and your loved ones is to be around longer, and to be healthier, happier and more energised.

 Drink more water between any alcoholic drinks to reduce your consumption and opt for the less sugary and calorie dense options.

 Avoid the platter that goes around - it's amazing how many calories we down when snacking on the nibbles. Ensure you remember what you eat and be mindful of this. opt for the healthiest option on the plate and reduce or avoid the high fat cheeses and dips.

 Move more - the car parks are full anyway at this time of year. Park further away, save yourself the time searching for a carpark, and simply walk.

 Reduce your calorie input the day following a big night. Often, we follow up a big night with greasy morning hangover food and drinks - it's the food and drinks we consume around the alcohol that often causes the weight gain. Plus, your body processes the alcohol as a priority - so anything else just goes straight to storage if calories are over.

 Try to remove the association with enjoying your Christmas cheer with consuming large amounts of food and drink. You can still have a great time with less intake - it's all about family after all.



Health & Wellbeing

Sherryn Lethlean

And finally, if you do simply overindulge, you may want to "Resette" your body in 2024. Come along to one of our Resette one day or weekend programs and learn how to get your body feeling amazing again in the new year.



We also have a comprehensive 4-week online program which will help you understand how food effects your body, your mind and the positive and negative impacts of diet and physical activity. If you want to make 2024 your healthiest year yet, simply enquire now about what we have in store for 2024 - it's very exciting!



www.healthec.com.au

2023 practical sessions



Everywhere



Orange
Dubbo



Hobart
Launceston



Adelaide



Port
Augusta



Sydney
Newcastle
Woolongong
Canberra



Carins
Sunshine Coast
Brisbane
Gold Coast



Perth



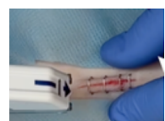
Bairnsdale



Darwin



The Dish



Melbourne
Ballarat
Bendigo
Warnambool



Katherine
NT

