

## MONDAY 10 OCTOBER: HEALTH & FITNESS DAY

- Fresh fruit hand-outs
- Free Yoga (12pm) and Pilates (1pm) classes—for details and to book your spot visit: [www.madamebrusselslane.com.au/news/](http://www.madamebrusselslane.com.au/news/)



## TUESDAY 11 OCTOBER: MINDFULNESS DAY

- Fresh fruit hand-outs
- Mindfulness talk by Anja Tanhane, 12.30pm in Dialogue. For details and to book your spot visit: [www.madamebrusselslane.com.au/news/](http://www.madamebrusselslane.com.au/news/)
- Free 3-minute massages in the laneway

## WEDNESDAY 12 OCTOBER: RIDE TO WORK DAY

- Fresh fruit hand-outs
- Ride your bike to work
- Bicycling information hand-outs
- Bike 'n Blend: smoothies available



## THURSDAY 13 OCTOBER: HEALTHY EATING DAY

- Fresh fruit hand-outs
- Juice shooter hand-outs
- Healthy food options from laneway cafes

## FRIDAY 14 OCTOBER: CHILL-OUT & RELAX DAY

- Fresh fruit hand-outs
- Exercise your mind with a game of giant chess
- DJ Ricardo plays in the laneway
- Relax in the laneway on bean bag lounges



Post a picture of you being healthy and tag with [#mblwinningwithwellness](https://www.instagram.com/mblwinningwithwellness) for your chance to win a night at the Adelphi Hotel or a six month Genesis gym membership valued at \$495.

