



HOSPO HEALTH

Spread the good news!

HOSPO Health has officially launched, and we want you to tell your staff and colleagues about it.

We know you're busy, so here is a message we prepared earlier for you to **send your staff**. You can change it to suit your business, or use it exactly as it is - whatever works best for you.

You can paste the message in an 'all staff' email, on your intranet or via an HR app. You can pin a print-out on your staffroom notice board, or tell everyone at your next staff meeting. Just be sure to **get the word out!**

HERE'S THE MESSAGE...

Hello Team

HOSPO Health, a new health & wellbeing program for our team

The THA recently launched HOSPO Health – a new health and wellbeing program that has been developed specifically for the hospitality industry in Tasmania.

HOSPO Health will cover everything from mindfulness to financial health, psychosocial safety to exercise and physical activity, how to have fun at work, and more. We will be building some of the sessions and information into our inhouse training and team meetings over the coming months. I also encourage everyone to check out the website and see what's on offer.

We all work really hard, so this is a great way to make sure you are taking care of yourself, and focusing on your health and your happiness. HOSPO Health is delivered mostly online so you can do it whenever suits you, and it's completely free – make sure you check it out at www.hospohealth.com.au

Kind regards

Insert your name and hit send



JO BAILEY

Communications & Engagement
Strategist

Non-Executive Director

