



HOSPO HEALTH

Your health and wellbeing program

Looking after the **health** and **happiness** of our Tasmanian **hospitality** industry.

Join **HOSPO Health** today!

Our program is designed specifically for the **hospitality industry to enhance health and wellbeing.**

PERSONALISED HEALTH CHECKS

We offer one-on-one health checks for your staff, including body composition, blood pressure, postural assessments, and more. These checks can be conducted right at your workplace – bringing convenience to you!

COMPREHENSIVE ONLINE PROGRAM

Access a complete health and wellbeing program suitable for both small and large businesses, all available online. Explore videos, fact sheets, podcasts, and other resources on various topics such as mindfulness, happiness, nutrition, injury prevention, exercise, financial health, and mental health.

INTERACTIVE ONLINE WORKSHOPS

Participate in workshops with your staff to boost motivation, learn together, and experience the benefits of **HOSPO Health**.

WELLNESS FRAMEWORK

Utilise our adaptable wellness framework tailored to your business, designed to help your team and business thrive. Our resources are easy to implement, even for smaller businesses.

THA CERTIFICATES IN PREVENTATIVE HEALTH

Empower yourself and your team with our short online courses focused on preventative health. These courses can be taken together as a group or shared with your team for individual learning.

The choice is yours on how to roll out our program!

To learn more & get started visit
www.hospohealth.com.au



*Tasmanian Hospitality Association's Chief Happiness Officer **Sherri Ring** has worked with a panel of expert coaches to develop HOSPO Health specifically for our Tasmanian hospitality industry.*

Keep a check on your overall wellbeing with our online HOSPO Health calculators.



MENTAL HEALTH
CALCULATOR



SITTING
CALCULATOR



HAPPINESS
CALCULATOR

Presented by

