

A large circular graphic composed of four thick, curved segments in green, yellow, dark blue, and light blue, arranged in a circle. The text is centered within this circle.

ThriveWell

8 Week Staff Wellbeing
Program

Thriving@Flinders



About the Program

ThriveWell is an 8-week wellbeing program for staff, led by final year Nutrition and Dietetics and Exercise Science students.

The program is a collaboration between People and Culture and the College of Nursing and Health Sciences to provide great programs for staff, and placement opportunities for final year students.

ThriveWell is designed as bite-sized modules of 1 hour per week during your lunch break, including 2 practical cooking sessions, 3 practical exercise and movement sessions and 3 interactive workshops.

February 2026 will be the launch of our pilot program for 20 staff members.

*Please note that the program involves a \$30 personal investment for participation, covering costs associated with cooking classes.



Program overview

Date	Time	Topic
10 February	12-1pm	Establishing goals and building a health routine
17 February	12-1pm	Understanding food labels, marketing claims and healthy eating on a budget
24 February	12-1pm	Practical cooking session: Healthy eating on a budget
3 March	12-1pm	Nutrition and Sleep: Enhancing rest through diet and nutritional supplements: Evidence-based insights vs popular myths
10 March	12-1pm	Gut-friendly cooking: Practical cooking session sharing strategies for digestive health
17 March	12-1pm	Foundations of Strength: Bone health and exercise
24 March	12-1pm	Longer Living: The power of aerobic fitness
31 March	12-1pm	The art of easy movement: Mobility for everyday wellness



1. Establishing Goals and Building a Health Routine

Interactive Workshop

Learn how to create meaningful health goals and turn them into sustainable daily habits. This session helps you identify what matters most to you, understand the basics of behaviour change, and build a realistic routine that supports long-term wellbeing. Perfect for anyone wanting to reset, refocus, or simply improve their everyday health.

2. Food labels, marketing claims and healthy eating on a budget

Interactive Workshop

This session equips participants with the skills to critically evaluate food labels, including additives and nutritional claims. Learn how marketing strategies influence consumer choices and gain practical insights to make informed decisions while shopping.

3. Healthy eating on a budget

Practical Cooking Session

Engage in a hands-on cooking workshop focused on preparing nutritious meals using cost-effective ingredients. Participants will explore strategies for meal planning, budgeting, and maximising nutritional value without compromising on taste or quality.



4. Nutrition and Sleep: Diet and Supplements, evidence-based insights vs popular myths

Interactive Workshop

Discover the connection between dietary habits and sleep quality. This session explores the role of specific nutrients, meal timing, and lifestyle factors in promoting restorative sleep and overall wellbeing. Are dietary supplements essential or overhyped? This session provides an overview of common supplements, examining scientific evidence, potential benefits, and misconceptions to support informed health choices

5. Gut-friendly cooking: Strategies for digestive health

Practical Cooking Session

This interactive session focuses on preparing meals that support gut health using whole, nutrient-dense ingredients. Participants will gain practical knowledge about prebiotics, probiotics, and anti-inflammatory foods, while learning simple cooking techniques to promote digestive wellbeing and overall vitality

6. Foundations of Strength: Bone health and exercise

Practical Exercise Workshop

Discover how strength training and lifestyle factors shape lifelong bone health. This workshop breaks down the science in an accessible way, helping you understand why bone density matters and how to protect it. You'll leave with practical strategies, and a few simple exercises to support strength and resilience as you age



7. Longer Living: The Power of Aerobic Fitness

Practical Exercise Workshop

Explores how aerobic fitness supports cardiovascular health, boosts daily energy, and promotes healthy ageing. Participants will gain a clear understanding of how the heart and circulatory system respond to physical activity, why aerobic exercise is a cornerstone of disease prevention, and how small, achievable changes in movement habits can significantly improve long-term health and lifespan. Practical strategies, evidence-based guidelines, and take-home tips will empower staff to build heart-healthy routines.

8. The art of easy movement: Mobility for everyday wellness

Practical Exercise Workshop

Explore how purposeful movement can help reduce stiffness, improve posture, and boost your energy throughout the day. This hands-on session introduces mobility exercises designed to counteract long hours of sitting and support healthy joint function. No equipment or experience required, just comfortable clothing and a willingness to move



Joining ThriveWell

If you would like to participate in the inaugural program, there is a \$30 personal investment covering costs associated with the cooking classes. As there are limited places, the program is available to the first 20 staff who complete the registration and payment process.

Please note that cooking sessions are in person at the Sturt Campus, all other sessions are in person at Bedford Park Campus.

Click here to register via the payment portal: <https://pay.flinders.edu.au/COR001>

Once payment is successful, you will be sent a registration and pre-intake form to fill out to complete the registration process.

For any queries, please contact sallyann.shearer@flinders.edu.au