

Review of May

With our collaboration with FANS on the Australia's Biggest Morning Tea we fundraised \$70 for Cancer Council! We appreciate everyone who came and donated and enjoyed a lovely morning tea with us. Thank you to Fans and to Food for Thought for Catering.

Good Luck For exams

Wishing all our members good luck on their exams. Congratulations to those who have completed their first trimester and congratulations to those who have finished their last! And to everyone in the middle keep on pushing!

Remember to eat healthy, stay hydrated and get lots of sleep.



Overview of Trimester 1

Trimester 1 2019 has been a great start for the Deakin Health Promotion Society. We have brought you a range of events that suits the different interests of our diverse members. We begin the trimester with our Welcome Brunch, we enjoyed getting to know our members with something informal that allowed us all to eat and have fun.

Our second event was run in collaboration with the Faculty of Health where we hosted Dr. Trevor Hancock for a seminar where we heard about the adverse effects that we as humans are creating for our planet. Truly an experience that will be remembered, I am sure everyone who attended will agree.

The third event we hosted for the trimester was in recognition of World Health Day, we screened the Award-winning documentary 'Period. End of Sentence.' If you have yet to view this incredible film, please do so.

Our last event we held was to raise funds and awareness for Cancer Council where we hosted our very own, Australia's Biggest morning Tea in collaboration with FANS. We raised \$70 for Cancer Council and urge you to donate or hold your very own morning tea in June! Visit the cancer council webpage for more details.

Unfortunately, we had to cancel our Group Volunteering opportunity with the Deakin community garden for a variety of reasons. If Group volunteering is something you would be interested in, please Facebook message us! Or we can help you source a volunteer opportunity elsewhere.

That was it for trimester 1. We hope you enjoyed the 4 events we put on and we are very excited for the second part of the year!

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What's on Next?

We have many events in the works for all of our members next tri however still in the planning stage!

If you are after an amazing night the Deakin Annual Health Ball is once again on this year and there are still some tickets available! Email:

healthball2019@gmail.com with your table form and you will receive instructions on payment, it is not an event to be missed. Head to the Deakin Health Ball Facebook event (found on our Facebook page) for more information!

Enjoy the much needed 3 week break and come back refreshed for trimester 2!

Opportunities for our members!



Women's Health in the East

Have your voice heard. Do you identify as LGBTIQ? Are you between the ages of 16-25? Do you live work or study in Melbourne's Eastern Region? You are eligible to participate!

Workshop details: (Attend one only)

Saturday June 22nd:
1:00pm-4:30pm
Box Hill

Thursday June 20th:
4:30pm-8:00pm
Hawthorn

This opportunity gives the chance for Young LGBTQIQ people in the community to have a say in the creation of a resource that promotes equal and respectful relationships

For More information about participation and to register your attendance at a workshop please contact Lara Gerrand at Women's Health East on:

(03) 9851 3706 or lgerrand@whe.org.au

World Blood Donor Day

Did you know that by donating blood or plasma you can save 3 lives in a single 15-45-minute session by doing nothing but sitting down and relaxing?

Friday the 14th of June
Australian Red Cross

Blood Service is hosting "Bloody Great Friday". Some of their blood donation centers are opening for 24 hours!

The need for blood never goes away. Make a difference and book your appointment today. Visit the Australian Red Cross Blood Donation Site.



"I'm generally frightened of needles but the staff went out of their way to make me feel comfortable."

Lyne, first time donor



Spiced Pumpkin and black bean patties

Ingredients

- | | |
|--|-----------------------------|
| 350g butternut pumpkin, cut into cubes | 1 medium zucchini, grated |
| 300g canned black beans | 1 medium carrot, grated |
| 1 brown onion | 2 garlic cloves, crushed |
| 2 teaspoons ground coriander | 1 cup wholemeal plain flour |
| | 2 tbsp olive oil |

Serves 4

Cooking time= 25-30 min

Vegetarian

1. Preheat oven to 200 °C
2. Place pumpkin and onion on a lined baking tray, drizzle with 1 tbsp. olive oil, ground coriander and ground cumin, Roast for 20 minutes
3. Process pumpkin, black beans, onion, zucchini, carrot, garlic, and flour in the food processor until chopped and just combined. Transfer to bowl.
4. Shape mixture into patties. Spray a large non-stick frying pan with remaining olive oil and set over medium-high heat. Cook patties for 2-3 minutes each side or until browned and cooked through. Serve with lime wedges



Keep moving in winter

Need some idea's to stay active in the colder months? Read below!

Join a gym! Working out indoors will solve all your problems if it's the chilly winter days keeping you from exercising.

Get a group of friends and go for a walk and celebrate afterwards with hot chocolate or coffee! Who says you can't reward yourself after exercise? And going with friends will keep you motivated and less likely to back out.

Take up a winter sport! So many sports run their season during winter, it's a great way to make new friends and learn a new skill.

Time can be the biggest factor. In winter with daylight hours becoming shorter but exercising doesn't always mean you have to go outdoors! Why not try a home workout. YouTube has many great tutorials on equipment-less exercises you can try no matter what the time.



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