Wellness and Wellbeing Expo

Proudly sponsored by G & C Mutual Bank

“Our aim is to have employee and student health and wellbeing understood, valued and actively supported at all levels of our organisation”

Opportunity to Exhibit/ Present
Charles Sturt University recognises the value of promoting wellness and wellbeing within the workplace, and the added benefits to the individual and their families of taking a proactive approach to improve their health outcomes. Investing in our employees’ health and wellbeing is also essential for ongoing business success.

The 2016 Expo will be held in seven locations:
- Goulburn campus  ||  Thursday 3 March 2016
- Albury/ Wodonga campus  ||  Tuesday 8 March 2016
- Wagga Wagga Campus  ||  Wednesday 9 & Thursday 10 March 2016
- Dubbo Campus  ||  Monday 14 March 2016
- Orange Campus  ||  Tuesday 15 March 2016
- Bathurst Campus  ||  Wednesday 16 & Thursday 17 March 2016
- Port Macquarie Campus  ||  Wednesday 20 July 2016

**Expo Objectives**

- To have employee and student health and wellbeing understood, valued and actively supported at all levels of our organisation
- Provide an environment for the holistic development of all employees and students
- Assist staff and students to enhance the quality of their life through the provision of targeted wellness and wellbeing programs

**Target Audience & Statistics**

<table>
<thead>
<tr>
<th>Campus</th>
<th>Staff</th>
<th>Students</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathurst</td>
<td>1,692</td>
<td>2,980</td>
<td>4,672</td>
</tr>
<tr>
<td>Orange</td>
<td>300</td>
<td>592</td>
<td>892</td>
</tr>
<tr>
<td>Dubbo</td>
<td>164</td>
<td>255</td>
<td>419</td>
</tr>
<tr>
<td>Wagga Wagga</td>
<td>2,578</td>
<td>3,421</td>
<td>5,999</td>
</tr>
<tr>
<td>Albury/ Wodonga</td>
<td>811</td>
<td>1,734</td>
<td>2,545</td>
</tr>
<tr>
<td>Goulburn</td>
<td>150</td>
<td>274</td>
<td>424</td>
</tr>
<tr>
<td>Port Macquarie</td>
<td>85</td>
<td>650</td>
<td>735</td>
</tr>
<tr>
<td>Distance Ed Students (online)</td>
<td>-</td>
<td>22,461</td>
<td>22,461</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>5,780</td>
<td>32,367</td>
<td>38,147</td>
</tr>
</tbody>
</table>

The Expo will be targeting all staff and students of Charles Sturt University across the six main campuses. Outlined below are CSU’s demographics on the major campuses. For other campuses and Distance Education students, a website has been developed to share information.
What does your participation mean?

Your participation and support in the 2016 HealthyU@ CSU - Wellness and Wellbeing Expo will provide CSU staff and students with the necessary skills, tools and knowledge to improve their physical, psychological, financial and spiritual health and wellbeing. You will also have the added opportunity to showcase your business to a large regional audience.

Testimonials – 2015 Wellness & Wellbeing Expo

The 2015 Wellness and Wellbeing Expo had overwhelming positive feedback from both staff and exhibition organisations who attended the Conference.

“Really enjoyed bigger and better expo than last year”

CSU Employee

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“Getting better each year! Large variety of exhibitors, keep up the great work”

BUPA

***

“Great concept, well organised, well promoted and great networking opportunity”

Western Medicare Local

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“Great mix of exhibitors – really enjoyed! Where else can you go to get a hearing test, blood pressure test and lots of freebies? Great idea, well executed”

CSU Employee

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For further information about exhibiting or presenting

Please look at the expo website by clicking here or email healthyu@csu.edu.au and one of the event team members will contact you.

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