



Positive+Health

## OCTOBER NEWSLETTER

The newsletter has a new look to make it easier to access and follow the links. We welcome any comments or queries that come from browsing our monthly newsletters.

**[November 14 Breakfast Seminar – Spargo’s, Richmond](#)**  
**[“Three pearls of wisdom”](#)**  
**[\\$20 each including breakfast](#)**

The Positive Health team, Glenn Guilfoyle (The next level) and Wayne Goodrich (Perenso) have combined forces to present this informative and entertaining breakfast.

**[Is your “Safety Induction” looking tired and out of date?](#)**

Talk to us about our professional, interactive Safety Inductions for visitors, contractors and staff.

**[Is altruism good for us?](#)**

Making personal sacrifices for under developed countries, the environment, or for social issues in our own backyard is an increasingly common pursuit. Why are many of us programmed to do this ahead of our own self interest? Is it good for us?

**[How does our partner affect our health?](#)**

Our partners can have a significant effect on our health and wellbeing, especially when it comes to picking up changes of mood.

**Quote of the month**

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon” ~Doug Larson