



HEALTH, HEALING AND HOPE

THE FACTS



9 out of 10 deaths in Australia and New Zealand are due to chronic diseases and many can be prevented by better lifestyle choices.*

WHO WE ARE

ELIA Wellness is a health promotion charity and we educate the community on whole-person health because we care.

We want to help you to improve your health and feel the joy of fulfilling your purpose in life.

WHAT WE DO

- ✓ We partner with expert health professionals to provide evidence-based information through articles, videos, programs, plans and more.
- ✓ We help people manage and prevent disease through whole-person health.
- ✓ We promote whole-person health through the 7 Dimensions of Wellness as they all play an important part in becoming healthier and happier.



**PHYSICALLY
ENERGISED**



**EMOTIONALLY
THRIVING**



**ENVIRONMENTALLY
ATTUNED**



**INTELLECTUALLY
ENGAGED**



**SOCIALLY
CONNECTED**



**SPIRITUALLY
EMPOWERED**



**VOCATIONALLY
ENRICHED**

*Source: (1) World Health Organization.
Noncommunicable diseases progress monitor 2022.
Geneva; Licence: CC BY-NC-SA 3.0 IGO.



WELLNESS

EMPOWERING PEOPLE
TO WHOLE-PERSON HEALTH

START YOUR WELLNESS JOURNEY NOW!



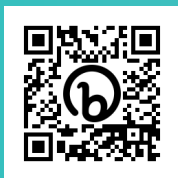
Having problems with your gut? Feeling flat and need a boost? Or are you looking for a purpose in life?

Discover our whole-person health programs and be inspired and equipped to make the right lifestyle choices to help you live a healthier and happier life.

Want to get fit anywhere, anytime? Choose from 120+ workouts to suit your level and mood.

WELLNESS PARTNER IN YOUR POCKET

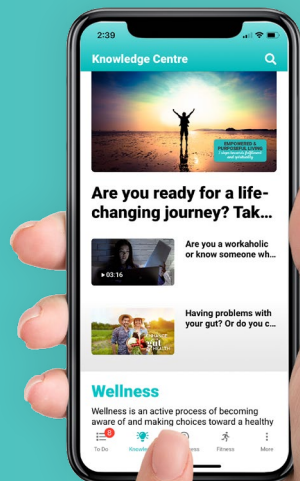
1. Visit www.eliawellness.com and download the FREE app
2. Create a FREE Member account
3. Access FREE ELIA Fitness online workouts
4. Access FREE Reduce Your Risk of Cancer Plan
5. Explore FREE whole-person health articles, videos and more!



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