



Wellness in Action
Saves Lives

2026 Health Calendar

Feb

- 2 - ELIA Partner Training and Live More Project FT*
- 8 - Health Network Expo
- 8-12 - Journey to Wholeness
- 13-15 - Lifestyle Coaching Skills
- 16 - ELIA De-Stress & Thrive FT*
- 23 - ELIA Wellness Snapshot Training*

Mar

- 9 - ELIA Retirement Ready FT*
- 15 - Nedley DARP Training
- 16 - ELIA Enhance Your Gut Health FT*
- 21 - Health Service on Global Youth Day
- 23 - ELIA Forgive to Live FT*
- 28 - CHIP FT
- 30 - ELIA Empowered & Purposeful Living FT*

Apr

- 20 - ELIA Partner & Live More Project FT*
- 13-19 - GSC Big Camp

May

- 9-16 - Adventist Health Week
- 11 - ELIA Partner Training and Live More Project FT*
- 16 - Comprehensive Health Week Offering
- 17 - Mental Health First Aid Training Part I
- 18 - ELIA De-Stress & Thrive FT*
- 24 - Mental health First Aid Training Part II

Jun

- 1 - ELIA Partner & Live More Project FT*
- 15 - ELIA Enhance Your Gut Health FT*
- 28 - Diabetes Awareness Brunch
- 29 - ELIA Empowered & Purposeful Living FT*

Jul

- 27 - ELIA Forgive to Live FT*

Aug

- 3 - ELIA Retirement Ready FT*
- 9 - City to Surf
- 17 - ELIA De-Stress & Thrive FT*
- 24 - ELIA Wellness Snapshot Training*

Sep

- 7 - Enhance Your Gut Health FT*
- 16 - ELIA Wellness Snapshot Training*
- 21 - ELIA Partner & Live More Project FT*
- 28 - ELIA Empowered and Purposeful Living FT*

Oct

- 16-18 - ELIA Wellness Summit
- 26 - ELIA Forgive to Live FT*

Nov

- 2 - ELIA Partner & Live More Project FT*
- 9 - ELIA De-Stress & Thrive FT*
- 16 - ELIA Wellness Snapshot Training*
- 19 - Health Retreat
- 30 - Enhance Your Gut Health FT*

Dec

- 7 - ELIA Empowered & Purposeful Living FT*

Key:

FT - Facilitator Training
* - Online Zoom Meeting

Find out more:

 gschealth@adventist.org.au
 <https://bit.ly/WholisticHealth>

Join the WhatsApp group

 bit.ly/healthwa