

# Health, safety, wellbeing

A total of 1243 head office people had the recent flu shot, of which 204 were from MHACS.

Within MHACS, nearly 60 per cent (57.21 per cent to be precise) of MHACS staff had the shot. This ratio was the second highest of the eight head office divisions.

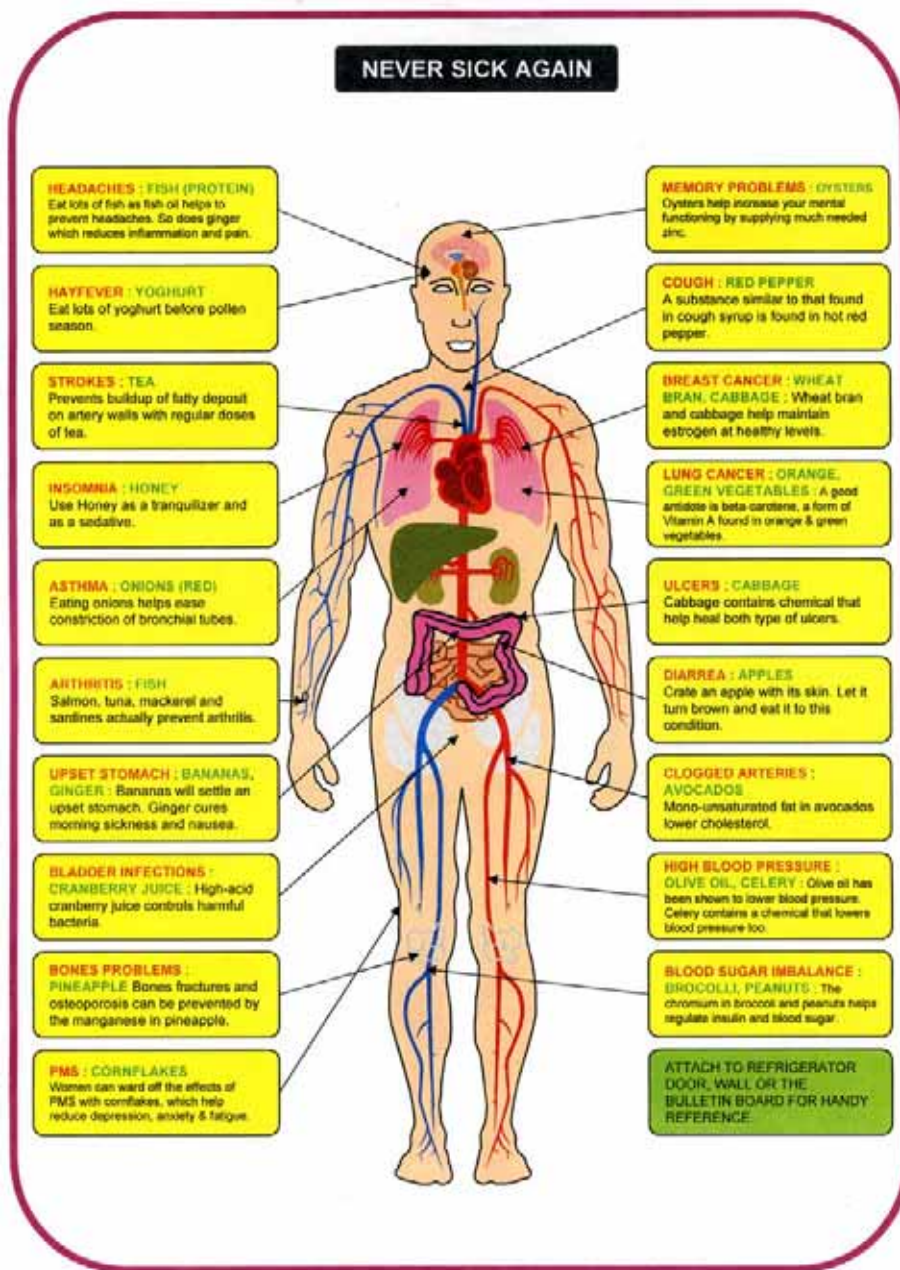
Visit our [intranet site](#) for lifestyle hints, tips and links to assist with keeping a healthy body and mind.

## Check them out now.

- Events for the month
- Health and wellbeing calendar
- Healthy living
- Healthy lifestyle tips
- Local health services
- Lunchtime yoga at 50 Lonsdale Street
- Quit Now
- Tourism Victoria
- Victoria Parks

## What is a happy life?

The key to being happy is to view the pursuit of happiness as part of your life. Just like you brush your teeth, eat lunch, get dressed and have a shower every day, it's important to do one small thing every day to ensure your happiness lasts. By looking after your body, mind and spirit on a continual basis, your life will improve beyond your wildest dreams. Many of us think we don't have to time to work on improving our happiness, but what are we living for if it's not to feel healthy and happy every single day. Why are we here? It's not to suffer!!! By changing the way you think about living a happy life, you will ensure that it's a part of your very core!



This diagram shows that certain foods can help manage some health issues.

It is also important to seek professional medical advice for persistent conditions.

For more healthy living tips visit: [www.thewaytoahappylife.com](http://www.thewaytoahappylife.com)