

ACTIVATE YOUR

WELLBEING

1 JUNE - 26 JUNE

MURDOCH ACTIVE CELEBRATES GLOBAL WELLNESS DAY WITH A 4-WEEK WELLBEING CHALLENGE

From 1–26 June, Murdoch Active is embracing the spirit of Global Wellness Day by inviting our community to take part in a revitalising 4-week wellness challenge designed to support balance, recovery, and overall wellbeing.

Why We're Doing This

Global Wellness Day (celebrated worldwide on 16 June) is all about taking a moment to pause, reflect, and prioritise your health. At Murdoch Active, we believe wellbeing should be accessible, enjoyable, and part of everyday life — not just one day a year.

So this June, we're turning the entire month into an opportunity to move, breathe, stretch, and reconnect with yourself.

Scan the QR code to register



MURDOCH ACTIVE ACTIVITIES

- Free classes throughout June including Yoga, Yogalates & Stretch & Mobility
- Free Foam Roller Workshops
- Free Mediatation Workshop

EXTRA WELLNESS ACTIVITIES

- Digital Detox
- Hydration Tracker
- 10 minute Stretching
- 10,000 steps challenge
- Reflection Journal