

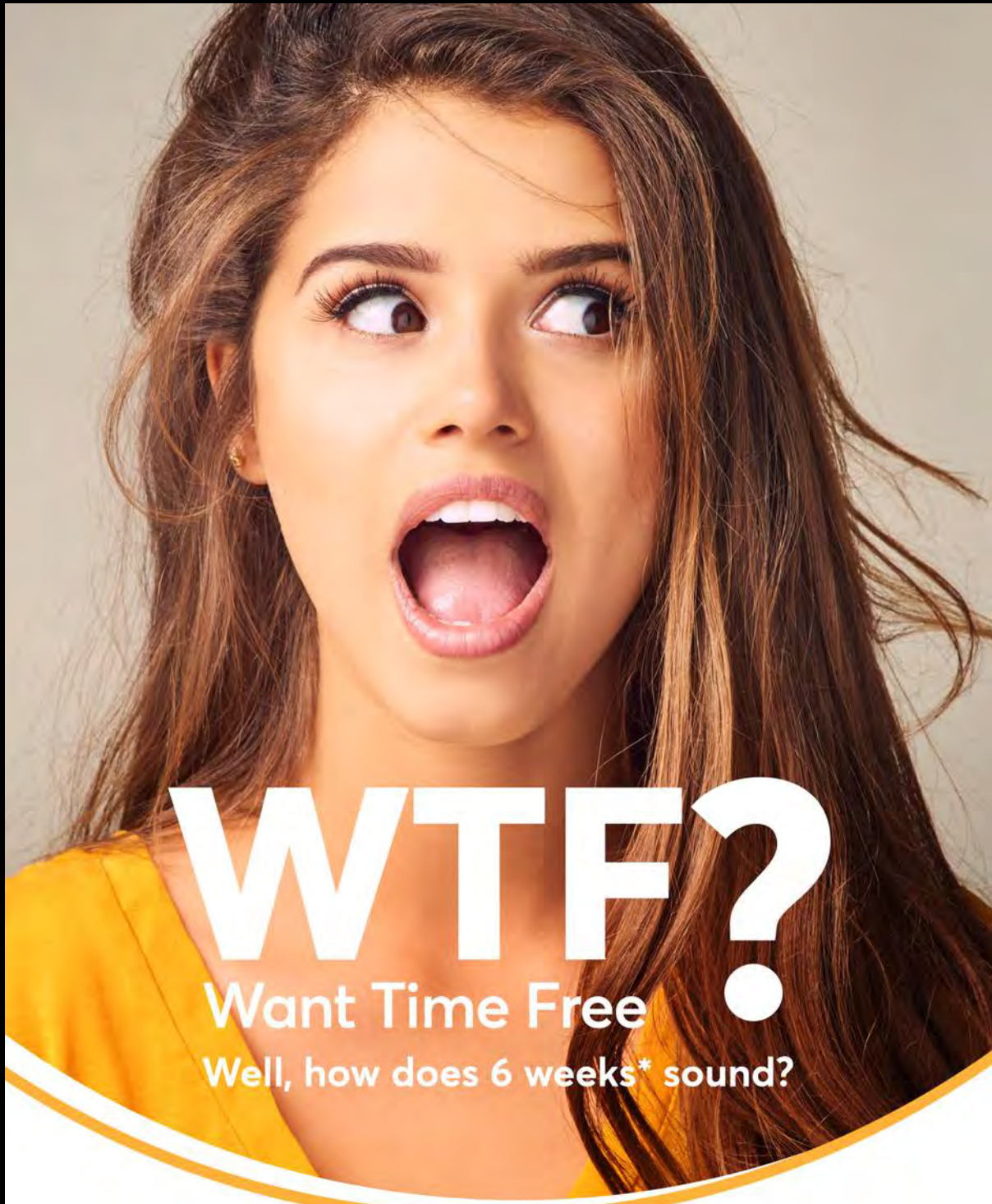


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Love to chat: 1300 586 462



*New members only. Join on Hospital and Extras between 1 July and 31 August 2019 to receive 6 weeks free (applied after third month of cover which is paid up to date). For full terms and conditions, visit cbhscorporatehealth.com.au/exclusive

Don't surprise your savings! Get covered.

Join CBHS Corporate to save yourself from the pain of additional costs that come with unexpected surprises AND get access to a range of other useful benefits.



Find out more
Call 1300 586 462
Visit cbhscorporatehealth.com.au/exclusive



We will... We will... Save you

Save yourself the pain waiting months for elective surgery and the additional costs that come with unexpected surprises. Join CBHS Corporate and get access to a range of benefits. Dental, optical? Of course. Physio, chiro? Yep. Proactive health and wellness programs? Naturally. Affordable premiums? Absolutely.



We've crunched the numbers for you, and we're ready to take your call.
Call 1300 586 462
Quote cbhscorporatehealth.com.au/quote



Tiny human. Big bills? No worries!

CBHS Corporate saves you on unexpected costs and provides you and your family access to a range of benefits. Dental, optical? Of course. Physio, chiro? Yep. Proactive health and wellness programs? Naturally. Affordable premiums? Absolutely.

Get covered and save!

We've crunched the numbers for you, and we're ready to take your call.
Call 1300 586 462
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IN CASE OF EMERGENCY



DO NOT BREAK GLASS

For unexpected emergencies, there is no need to break into your savings. CBHS Corporate have got you covered! By joining, you get access to a range of benefits. Dental, optical? Of course. Physio, chiro? Yep. Proactive health and wellness programs? Naturally. Affordable premiums? Absolutely.

We've crunched the numbers for you, and we're ready to take your call.
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HEALTH FUND

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We want your time in Australia to be memorable for the right reasons. But people get sick, accidents happen. Being prepared is your best course of action. To give you the best possible care, we have partnered with IPN Clinics.



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To give you the best possible care, CBHS International Health provides access to many doctors within our national GP network at no additional cost to you.*



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*Refer to the Policy member guide at www.cbhsinternationalhealth.com.au



"Rosé or red, makes me go to bed!"



A couple of glasses won't do any harm, right?

Drinking alcohol can help you fall asleep. However, it's not great for staying asleep. After a few drinks, there's a good chance you'll wake up in the middle of the night. This can leave you feeling exhausted the next day.

Not sure what's keeping you from getting your best sleep?

Find out more
[cbhscorporatehealth.com.au](https://www.cbhscorporatehealth.com.au)



Expandable waistline?



Don't chew your feelings.

Food used as a numbing strategy. People commonly use food as a buffer between themselves and whatever difficult feelings they might be experiencing. Soothing pain with high-calorie, high-sugar or high-fat comfort foods feels good at first, but it can quickly spiral out of control when the mind and body begin to associate negative emotions with eating. At the first sign of stress, anger, or sadness, try to deal with the feelings at hand rather than instinctively reaching out for food.

Struggling with mental health?

Find out more
[cbhscorporatehealth.com.au](https://www.cbhscorporatehealth.com.au)



Overwhaleming emotions?



Drowning your sorrows?

Drug and alcohol use can both lead to, and result from, depression. It is very common to mask, or block out, the symptoms of depression or anxiety by using alcohol, which only makes the symptoms worse. If you are experiencing depression and anxiety, it is important to reduce your alcohol use so you can manage your symptoms more effectively and get on the road to recovery.

Struggling with mental health?

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"Namastay in bed!"



Something on your mind or just can't nod off?

If you're not asleep within 20 minutes, get up! Make a cup of chamomile tea, read for a while or listen to some relaxing music. Just don't put the TV on. Staying in bed and fretting about not sleeping does not help you fall asleep. Get up, reset and try again. Being strict with your bedtime also helps your body and mind link your bed with sleep.

Not sure what's keeping you from getting your best sleep?

Find out more
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"I slept with @sprucylucy88, @freddyjr59, @chrishemsworth, Daenerys Targaryen, MasterChef, Designated Survivor, Stranger Things."



Do you check emails and social media in bed, or fall asleep watching TV?

To get the most restorative sleep, avoid stimulating activities like exercise, using devices and blue light in general an hour before bed. Blue light wavelengths from our devices trick our brains into thinking it's daytime, which disrupts the brain's natural sleep-wake cycles.

Not sure what's keeping you from getting your best sleep?

Find out more
[cbhscorporatehealth.com.au](https://www.cbhscorporatehealth.com.au)



Unbearable stress?



Stop hibernating your emotions.

Social connection improves psychological well-being. Those who are not socially connected are more vulnerable to anxiety, depression, antisocial behaviour, and even suicidal behaviours which tend to further increase their isolation. People who feel more connected to others have lower rates of anxiety and depression. This means although the thought of hiding away under the covers sounds pretty great, social support is critical to healthy coping.

Struggling with mental health?

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The piña and the colada

It's all about balance.



CHECK IT OUT!

Book in for a health coaching session to find some balance in your life.

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Sweet dreams are made of peas...

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5TH BEIRUT
COOKING
FESTIVAL
12-14 NOV | BIEL



FIRST
COMMUNICATION
SYMPOSIUM

JACQUES SÉGUÉLA



THE
REVOLUTIONARY
PASSION

17:30 - 17:45 GUESTS ARRIVAL
17:45 - 17:50 WELCOME NOTE - STÉPHANE ATTALI
17:50 - 18:00 MUSTAPHA ASSAD THANK YOU NOTE
18:00 - 18:10 JACQUES SÉGUÉLA OPENING NOTES
18:10 - 18:20 WALID AZZI: "ADVERTISING SCHOOL OF LIFE"
18:20 - 18:30 RAMSEY NAJJAR: "DEFYING THE CHALLENGES, DEFINING THE WAYS"
18:30 - 18:45 Q/A
18:45 - 19:30 BOOK SIGNATURE
VIN D'HONNEUR

THURSDAY
07/10

 UNIVERSITÉ DE BALAMAND
ACADÉMIE LIBANAISE DES BEAUX-ARTS

 FRONT PAGE
COMMUNICATION

CLIENT

FIRST COMMUNICATION SYMPOSIUM

FESTIVALS AND EVENTS

UNDER THE PATRONAGE OF THE PRESIDENT OF THE COUNCIL OF MINISTERS H.E. MR. SAAD HARIRI

BEASTS
BEIRUT EVENTS & STREET SHOWS

IN PARTNERSHIP WITH THE
MUNICIPALITY OF BEIRUT

PRESENTS

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F1 CAR SHOWS

AUG 24 TILL SEP 3
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RAGHEB & SHERINE

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MASTERS OF DIRT

THE REAL DEAL

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S U R R E N D E R

There are many mysteries on this earth, yet the greatest one that continues to baffle the culinary world is the rise to notoriety of Master Chef Jiro. What follows are the tales that made this man one of the 'World's Greatest Chefs'.



SASHIMI PLATTER

Just the right plate for sharing About 5in fish (3 pcs), fresh Scottish salmon (3 pcs), south Bluefin tuna (3 pcs), butterfly shrimps (3 pcs), Daiton salmon (4 pcs), and edible flower, chives. 45,000



ENOKI
Fresh green and white asparagus with pistiane mixed with cherry tomatoes, hints of orange, light thin enoki mushrooms, and lolo rosso/verde. 18,000

SALAD QUEEN

A very popular choice of mature crunchy lolo rosso leaves and cucumber slices adorned with delicately-cut pieces of fresh scottish salmon marinated in SteakBarSushi's teriyaki dressing with green onions, Japanese tobiko and a twist of lemon juice. 21,000



JUICY JAPANESE

A freshly-cut piece of Japan's finest wagyu entrecôte steak prepared with SteakBarSushi's finest himalayan salt, and milled black pepper for an unforgettably hunger crunching meal. 400g 85,000



POMME POND NEUF

A classic Parisian signature side with golden crisp fried potatoes and a dash of salt. 9,750

ALL SEASON SALAD

A great appetite opener made from annual sweet herbs, full bulb chives, white radish, and thinly-sliced cucumbers topped with lolo rosso and bianco lettuce leaves. 6,000

MAC 'N' CHEESE ADDICT

One of Italy's top macaroni marinated with equally succulent parmesan, gruyere cheese smothered with white truffle oil for an unbeatable taste. 15,000

SQUID & CHEESE FRIES

The ultimate combination of Swiss gruyere cheese and Italian mozzarella made from pure buffalo milk with a pungent splash of squid ink topped on our signature fries. 11,000

SPINACH MARINADE

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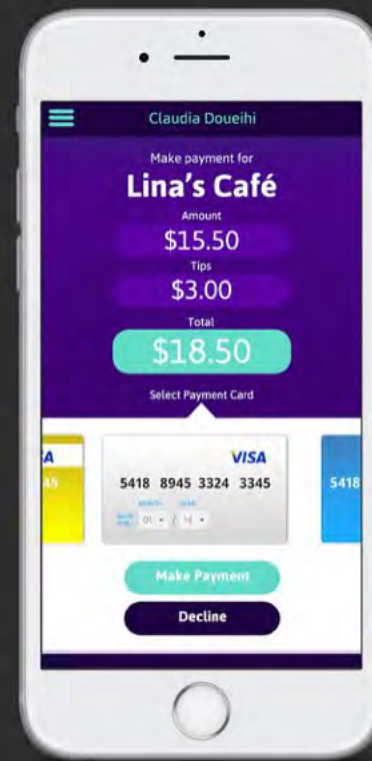
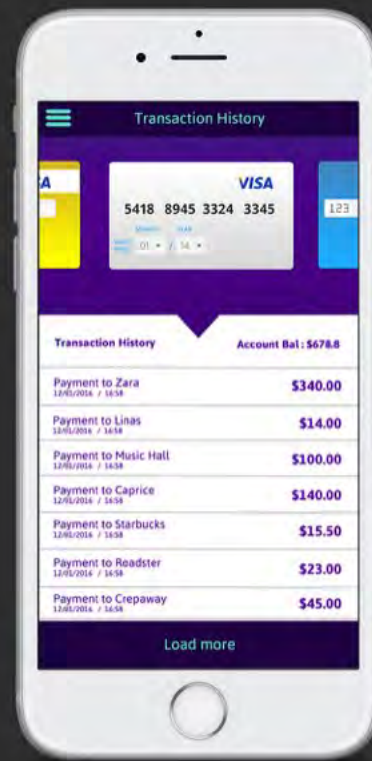
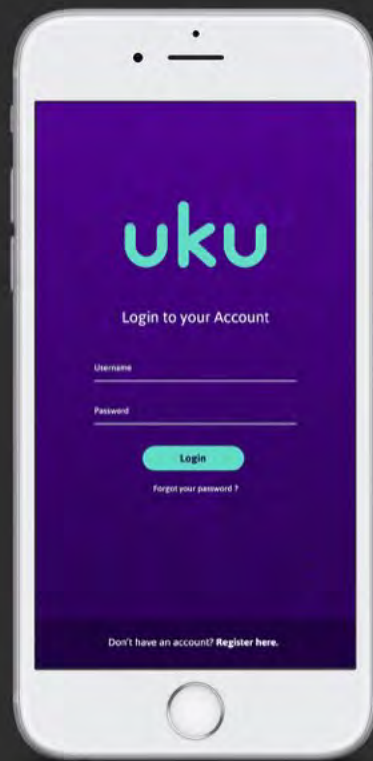
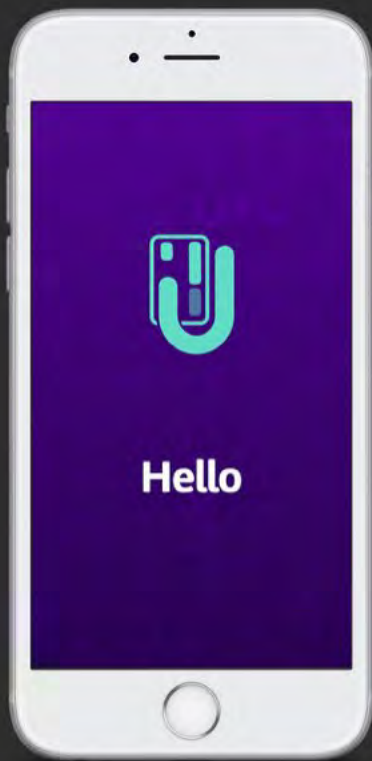
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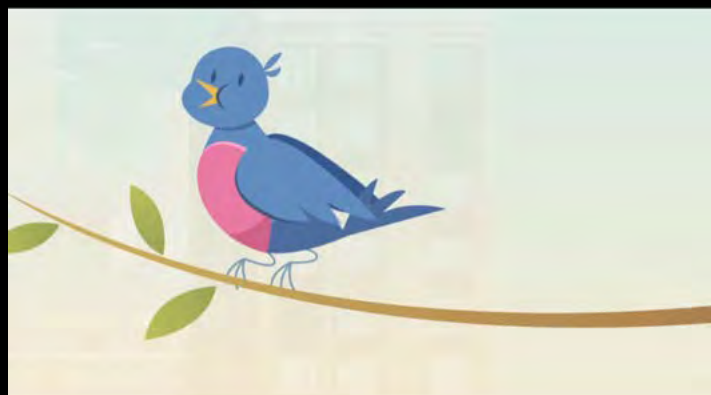






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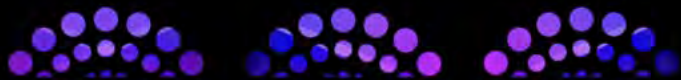
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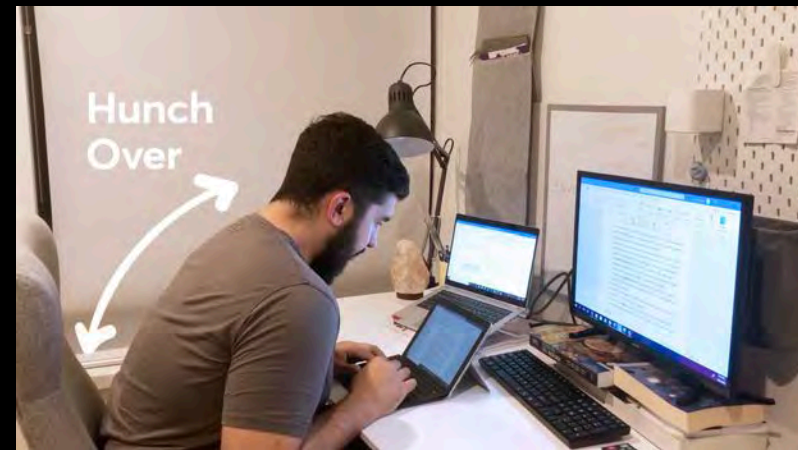
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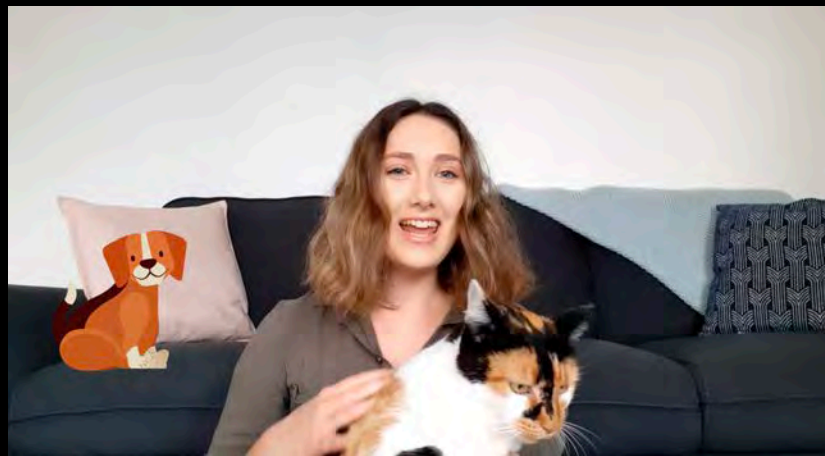
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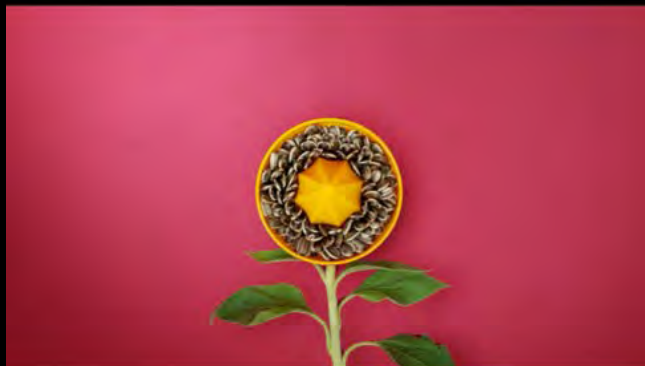
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