



CISHRP members recently attended a Health and Wellness session at Bon Vivant in association with Generali Insurance. A wonderful time was had by all, please see below some photos and quotes taken from this session.

“Generali Insurance already offer a range of sessions for people in workplaces which aim to give employees the tools to be healthy, such as lunch and learns and healthy options. This evening is the first of three events all looking at easy and healthy recipes. These are useful for any time of year but particularly during the holiday season a time which can often lead to over-indulgence. We are really pleased with the level of interest in these sessions and if they prove successful, we would love to join with CISHRP and Bon Vivant to offer more.”

Maureen Cubbon, Generali Insurance

“Bon Vivant are happy to be working in partnership with Generali and CISHRP to offer these healthy eating cooking demonstrations and taster sessions. We try to offer a range of activities and it’s great to get people involved in something that is a bit different, helps them to stay healthy and is fun.

Kristan Royle, employee at Bon Vivant

“This is a great opportunity for CISHRP to offer our members something that is both a treat and is helping them to think about nutrition and healthy eating over the festive period. The food we have tasted is delicious and it’s a great way to spend time with friends and colleagues.”

Phil Jackson – CISHRP President



CISHRP Members, along with President Phil Jackson watch the cooking demonstration





Maureen Cubbon of Generali Insurance speaks to the CISHRP Membership



Nutritionist Andrea Hill was on hand to provide advice and tips to members

