

House of Wellness

Sunday Lifestyle Programming

House of Wellness is a weekly 1 hour show on health, wellness and beauty. A program for listeners to get, stay and live well. A platform for national & local advertisers; sponsored by Chemist Warehouse.

Broadcast

JO STANLEY: Performer, writer, TV and radio presenter. She is passionate about mindfulness and meditation and its profound benefits for mental health, life balance and happiness. She is also an advocate for women's and girl's health, gender equality and healthy, respectful relationships. In support of these issues, Jo is a patron for Lighthouse Foundation, a patron for Wellsprings for Women and an ambassador for meditation app, Smiling Mind.

ZOE BINGLEY-PULLIN: Zoe Bingley-Pullin is a Nutritionist, Mother and Chef. Her passion for food has empowered her to help many people embrace the benefits of food through education. By improving people's knowledge and understanding of food, she believes they're able to create and sustain a healthier and more delicious life and their very own love affair with food

GERALD QUIGLEY: Gerald is a practising Community Pharmacist, as well as an Accredited Herbalist. These joint qualifications give Gerald a unique overview of health from both a traditional and holistic perspective. Each week on The House of Wellness Gerald takes calls on relevant subjects being discussed in the show, and provides comment and observations across his areas of expertise.

SALLY OBERMEDER: Co-host of Channel 7's afternoon show The Daily Edition, best-selling author of Never Stop Believing, Super Green Smoothies & The Good Life, plus the CEO and creative director of lifestyle website SWIISH.com...it's an exhaustive list, but it's why Sally Obermeder has become one of Australia's most loved and admired personalities.

Sales

Sponsored by Chemist Warehouse, the program contains credits for Chemist Warehouse
Local, non-conflicting advertising opportunities

Booking Application and Delivery Details

Availability	Live via satellite for convenience
Delivery	Sunday 0800 to 0900
Price	Cash fee 1 x 30 sec B rate p/show
To Apply	bill.barrington@radio.nine.com.au; or vicki.christo@radio.nine.com.au



The House of Wellness clock

Sunday 08:00 to 09:00 - EST or EDT when applicable

08:00 to 09:00	Cmd	Description
:00:00	-	LOCAL News Theme window
:00:08	-	News – refer to the separate news schedule for relevant commands
:07:00	-	Show start on theme
:15:00	1	LOCAL 3:15 commercial break window
:25:00	1	LOCAL 3:15 commercial break window
:35:00	1	LOCAL 3:15 commercial break window
:45:00	1	LOCAL 3:15 commercial break window
:52:00	1	LOCAL 3:15 commercial break window
:59:20	2	LOCAL 0:30 commercial break window
:59:50	4	LOCAL 0:05 news credit

We recommend scheduling one additional break in each hour; reset breaks at top of hour.