



**Body with Soul JUNE Newsletter GO! [holidays@bodywithsoul](mailto:holidays@bodywithsoul)**

Body with Soul provides a holistic approach to family medicine within the established medical facility of Complete Healthcare International. We have brought together an international team of talented and established healthcare professionals. By achieving this, we are able to provide a comprehensive solution for the health and wellbeing of your whole family. We offer up-to-date, evidence based treatments and health programs. Together we will optimize your health for you to live your life



**Support Groups**

Varieties of group meetings are available now!

**Antenatal** starts **August 28<sup>th</sup>**

**SSNAP** every **1<sup>st</sup> Wednesday** of the month, starts **9<sup>th</sup> June@9am**

**Guess Who?** Our new therapist@bodywithsoul



Sam Randall  
Podiatrist

Mark Roughley  
Osteopath



**Women's health physiotherapy,**

save the date, **June 25<sup>th</sup>** @ 10am for a special Breakfast talks from **Monica Donaldson**

Find out more >>



First Aid Courses @ CHI  
[firstaidclass@chi-health.com.sg](mailto:firstaidclass@chi-health.com.sg)

**June 18<sup>th</sup> Helpers**



**July 21&28 mums babes**

For more information please email us at:  
[enquiries@bodywithsoul.com](mailto:enquiries@bodywithsoul.com)

Or call us at:  
**+65 6779 0660**

**And the winner is .....**



Thanks to our artist to be,

We have been fulfilled with a "Naïve Exhibition Art " Our waiting room walls were looking like happily innocent, and each entrant will receive a Free Adventure Ride In Bedok Reservoir Park **FOREST ADVENTURE TREE TOP COURSE**

Find out more >>

**QUIT NOW Call 6776 2288**

*FOR A FREE SMOKING ASSESSMENT Come over and enjoy our complementary and customized program. Combining, Hypnotherapy Yogatherapy, Dietetic, and Fitness, Worth to try*

Find out more >>

**Opening soon**



**onaka**  
optimum nutrition and kitchen arts

Find out more >>

Here they are...Onaka , Optimum nutrition and Kitchen Art :  
Café & Juice Bar. Ice Cream Parlor. Kids' Play House  
Opening Hours from **the June 22<sup>nd</sup>**:  
Mon – Fri 8:30am to 7:00pm  
Thurs – Sun 8:30am to 9:00pm  
A new experience in catering and educating people for a complete healthy lifestyle.

**School's out and it's time to swim out, not to burn ☺**

In the last decade the incidence of skin cancer (both melanoma and non-melanoma) has sadly increased.

Though short exposure to sunlight is beneficial for vitamin D production, prolonged exposure has many harmful effect

**PROTECTING YOUR SKIN FROM THE SUN**

More details here >>

