



## Body with Soul JULY & AUGUST Newsletter

Body with Soul provides a holistic approach to family medicine along with 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 **To the full!**

### Support Groups



Variety of group meetings now available!

**Antenatal class** starts **September**

**Support group enquiry:** Let us know about your needs,

### Guess Who?

New Doctor @CHI:



**James READ,**  
Will be on board From August 1st



**Clare Locke,**  
Running, Nursing and caring for you,



### Well Baby Café

Save the date, every Tuesday and Thursday morning from 10.30am, please join ....

**Find out more >>**

### Art Therapy

Are you entangled in a lifestyle completely whelmed by your family's expatriation?

The Art Therapy workshop (3 sessions) will help you to answer some of those changes through Art Therapy.

**Find out more >> Register Here >>**

### Yoga Therapy

Updates on classes over the holidays.

**Find out more >>**



For more information please email us at:

[enquiries@bodywithsoul.com](mailto:enquiries@bodywithsoul.com)

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

### Acupuncture?

**Everyone thinks it hurts, but it doesn't,** anyone who is under the impression that it's painful needs to see Amy.

AMY NEO, Singapore Licensed Traditional Chinese Medicine (TCM) spent 8 years in Tianjin University of Traditional Chinese Medicine (TCM), China....

**Find out more >>**



### NEW @ CHI & Body with Soul

Welcome to our new Evening Session till 8pm every Monday from August 30<sup>th</sup>

### Sanctuary House Run Completed

Our "Run in the city" team has been very tough, and after having kept up for 10 km, they have raised S\$1,150 for the Sanctuary House Babies. Congratulations, to the attendees, each of them will be rewarded with a Free kids Adventure Course@Forestadventure.



**See more photos of the run >>**

### Green Room



Need a place to run your workshops, seminars, or wine tasting night? Come and have a look at our **Green Room.**

**Find out more >>**

ONAKA Café & Juice Bar will give you a new experience in catering & educating people for a complete healthy lifestyle.

**Find out more >>**

### What Does a Clinical Psychologist Do?

Are you interested in finding out about a career in Psychology?

**Find out more >>**

