



BODY
with
SOUL

TOTAL HEALTHCARE
NETWORK

For Your Total Wellness

Body with Soul April 2011 Newsletter

Body with Soul, working hand in hand with the established on-site family medical clinic, Complete Healthcare International (CHI), provides an integrated holistic approach to wellness. We have brought together an international team of talented and established healthcare professionals who share common goals and have similar philosophies. In achieving this, we are able to provide a comprehensive solution to attaining and maintaining good health and wellbeing for you and your family. We offer up-to-date evidence based treatments and health programs. Together we will optimize your health so that you can live life to the full.

2 places left for KIDS Yoga

Next class is on Saturday 16th April 2011.

[Read more >>](#)

[Click here to register>>](#)

Who's Who?

New Practitioner @ BwS:



Wu Yue,
Experienced
Traditional Chinese
Medicine (TCM)
practitioner at Body
with Soul

Health Series Talk

April 2011:

"Complementary Alternative Therapies"

Monday 4th April 2011 @ 7:30pm

Wednesday 27th April 2011 @ 10:00am

[See other topics >>](#)

Healthy Living Fair 2011

Save the Date Thursday 28th April 2011.

[Find out More >>](#)

For more information please
email us at:

enquiries@bodywithsoul.com

or call us at: **(+65) 6779 0660**

AISS Nurses' Talk: The Chaos Of Adolescence

BwS Your Total Healthcare Network conducted a seminar for the Australian International School Singapore (AISS) nurses on issues involving the adolescent on the 4th March 2011. Doctors from CHI and practitioners from BwS presented topics and discussed issues that are commonly experienced by growing and developing children. Dr James Read talked about...

[Read more >>](#)

[See the pictures>>](#)

"Let Food Be Thy Medicine..." Hippocrates, the father of medicine once said.

Onaka, our on-site cafe also believes that natural food is a great medicine. They actively promote the healing characteristic of everyday food. Onaka would like to present you a new menu that captures this philosophy. New, interesting and carefully thought out dishes which promise to delight the plate and "heal" the body are now available at the cafe.

[Breakfast and Lunch >>](#)

[Dinner>>](#)

[Get to know our Chefs>>](#)



Not Just A Walk In The Park

After years of me saying "I would love to try something like that", my wife finally called my bluff. For my birthday, she bought me an entry in to the Gobi desert March 2011: a 250km, seven day extreme running race carrying all my own supplies...

[Find out more >>](#)

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