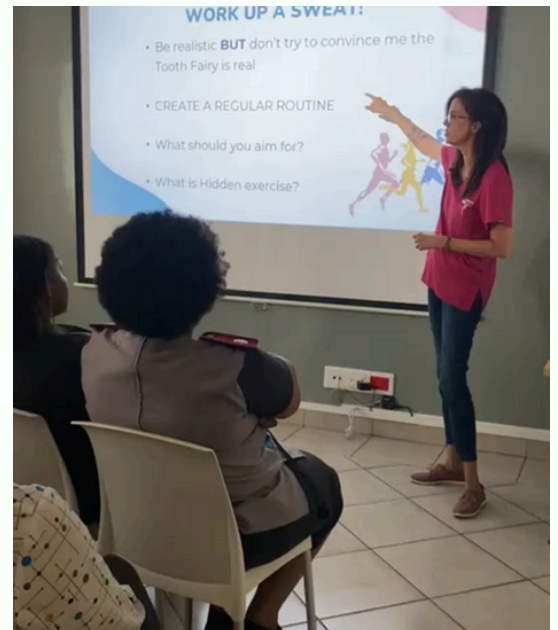


August is Woman's Month! We celebrate all women around the world because strong women, strong world. August kicked off on a very high note with the conclusion of the "Biggest Loser Project". We hosted a project in collaboration with MediClinic Kloof to boost awareness of eating healthily. Central to the idea was a 12 week long weight loss challenge. Both nursing and admin staff were invited to part take and we launched with a "How to Shed the kilo Talk"



How to Shed the kilo Talk



Winner of the Biggeste Loser

With the Olympic Games in the background we are very proud to announce: Fitting for Women's Month a lady took pole position! The overall winner is Lisa who lost 9kg in 12 weeks - a staggering 16% total body weight!

Our two friendly inhouse pharmacists came in on a strong 2nd and 3rd place! Well done to all who participated! An astounding 127kg were lost in total!



Second and Third

Shoutout to the fairer sex!

"Wishing you a beautiful International Women's Day, where your strength is celebrated, your courage admired, and your wisdom cherished. May you continue to inspire those around you"