



21ST FLOOR PACIFIC STAR BLDG., SEN. GIL PUYAT AVENUE CORNER MAKATI AVENUE,
MAKATI CITY, PHILIPPINES 1200
TELEPHONE: (632) 793-5500 TO 04 FAX: (632) 811-5588

Joba Botana: +63 917-8045622; +632 7935040; joba.botana@century-properties.com

#WeSelfLove at Centuria Medical Makati gives free workshops on June 20-22

We've all heard it before, and we say it again: Wellness starts with self-love. Before we can take care of our loved ones, we must first take care of ourselves.

This is what **Centuria Medical Makati** at Century City in Kalayaan Avenue, Makati City champions in its newest campaign dubbed **#WeSelfLove**, a FREE self-care workshop series from **June 20 - 22** featuring some of the country's top healthcare and wellness experts with the special participation of health and wellness advocate, Ms. Pia Wurtzbach.

On June 20, the spotlight is on Self Love For Men with a doctor's symposium on men's health from 8:30am to 12:30pm at the HAUS Connexion in Centuria. This will be followed by a workshop series from 2PM to 4PM at the lobby from Dr. Quincy Raya, Dr. Wilfredo Tagle, Dr. Raynald Torres, Pinnacle Performance and Prohealth Sports and Spinal Physiotherapists. Topics include top diseases for men to guard against, the truth about fad diets, face and body boost solutions, practical tip for sports injuries and the latest in men's health. A mindfulness workshop will be led by mindfulness teacher, Dax Cobarrubias, at 4PM. Attendees are encouraged to wear something light and loose.

June 21 from 1PM to 6PM is dedicated to Self-Love For Women. Workshop topics include Best for Your Breast by Dr. Norman San Agustin of the Asian Breast Center, Understanding and Preventing Burnout by Prescription Psychiatrist's Katherine Dela Cruz, Oral health for overall Health by Dr. Kino Resabal, Best Workout for Your Body Type, What Women Should Look Out for in their 30s, 40s and 50s, beauty tips and live demos. Ms. Pia Wurtzbach will lead participants to recite a Manifesto on Self Love. At 6PM, a pound workout class follows with Marge Camacho and participants are invited to attend in 'athleisure' attire.

June 22 is dedicated to Self-Love For Parents. The workshop series starts at 9AM with presentations from Dr. Anna Ong Lim (Parenting 101), Michelle Aventajado (The How-To's of Parenting), Christine Dychiao (Decluttering Life through the KonMarie Method), and theater actress Leslie Leveriza (De-stress Workshop).

Centuria Medical Makati will also inaugurate its Breastfeeding Station at 12NN in partnership with Philips and LATCH.

Registration is free. Sign up at www.centuriamedical.com.ph/weselflove/. For information, contact Centuria Medical Makati at 0917 610 6267.