



We're halfway through the year, and **we would love to hear from all the OMSMAF members out there about how you are doing with your Total Turnaround. After all, OMSMAF is a family where sharing stories and cheering each other on** is simply part of who we are.

If you're starting to feel **the benefits of a new approach to your goals, well done! And if, like many others, you think you should have achieved more by now, don't be so hard on yourself.** It's never too late to start trying or to start over.

EVERYONE'S JOURNEY
IS DIFFERENT



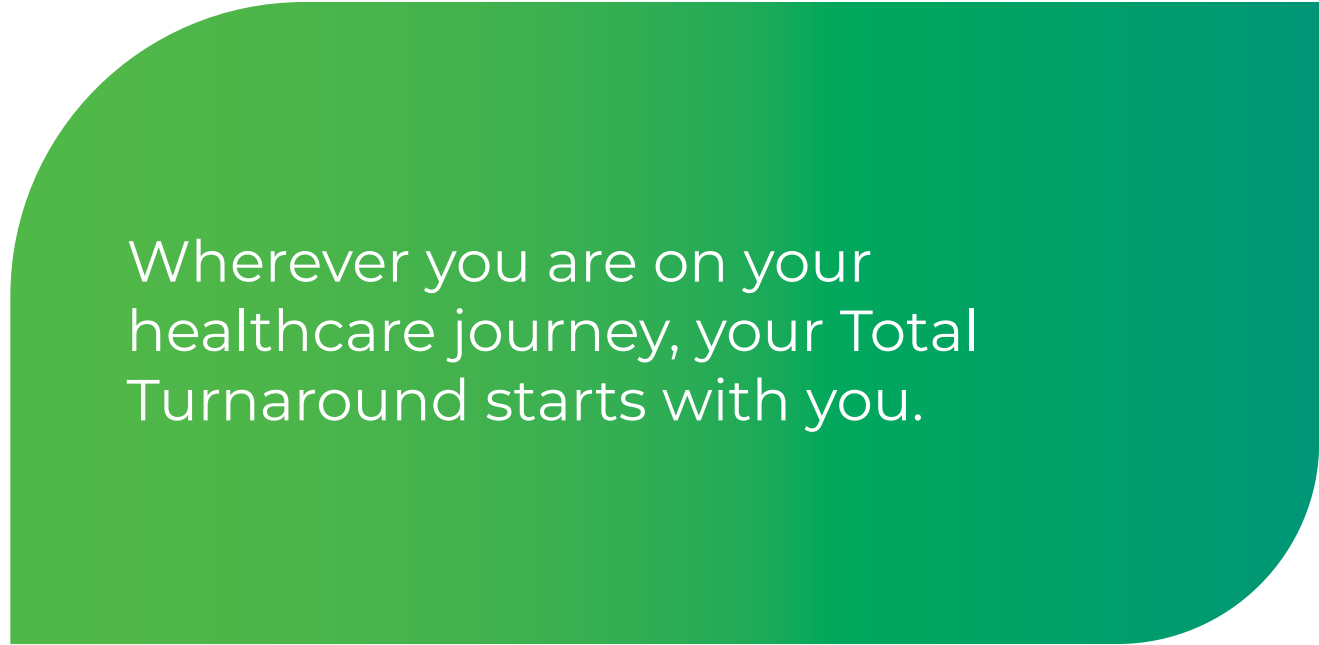
That's why we at OMSMAF would love to hear from you. Whether you're just a few months into a routine reboot, sailing ahead with a new-found lust for life or taking it one day at a time in the face of life's many challenges – the difference you make to your health comes with striving for progress, not perfection.

So, are you ready to tell us how you're doing?

Send an email of no more than 300 words describing your Total Turnaround experience with the words "Total Turnaround" in the subject line to enquiries@omsmaf.co.za and perhaps you will be reading your own story in our next newsletter. If you inspire even just one other person to start turning their health around, think of the positive change that could ripple across the OMSMAF community.

ON THAT NOTE

We are all too aware that life can be tough, and sometimes, you may feel that you cannot make any progress without the mental health support you need. That is why, as an OMSMAF member, you have access to the dedicated Mental Health Programme, which you can access by simply calling 0860 100 076.



OMSMAF is right here by your side, your healthcare partner every step of the way. Be sure to join our WhatsApp broadcast group by using the QR code and we'll be in touch again soon.



LET'S DO THIS,
OMSMAF FAMILY!

CHAT SOON,
THE OMSMAF TEAM