

MEDiNews

Your Quarterly Update!

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MENTAL WELLBEING: WHY IT MATTERS FOR EVERYONE



SIMPLE TIPS TO STAY HEALTHY THIS WINTER



IMMUNE-BOOSTING WINTER VEGGIE SOUP



HAVE YOU NOMINATED YOUR PRIMARY CARE PROVIDER?

2026 ANNUAL GENERAL MEETING (AGM)

Don't forget to join us for our Annual AGM on **Thursday 9 July at 10:00** at the Cape Mail Offices.
You can find all the details regarding the AGM online.

COME AND MEET WITH US!

Keep an eye out for our onsite MEDiPOS consultants who will be visiting these locations in July between 08:00 and 12:30

Tuesday 7 July – Witspos

Wednesday 8 July – Durmail

Tuesday 14 July – Tshwane

Wednesday 15 July – Head Office

Thursday 16 July – Germiston Mail Centre

Tuesday 21 July – Cape Mail and Witspos

Wednesday 22 July – Durmail

Tuesday 28 July – Tshwane

Wednesday 29 July – Germiston Mail Centre

Thursday 30 July - Witspos

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