



Welcome into our vibrant
world with this month's
newsletter!

Here, we bring you highlights of the unforgettable events we've hosted, a sneak peek into upcoming happenings, and exciting new initiatives brewing just for you. This one-pager is your ticket to staying connected with our community, where art, culture, and coffee come together to spark joy.



Who says medical engineers only fix people physically? Our resident medical mastermind has stepped into the café to craft Blue Bliss—a drink so smart, it might just have a degree of its own! Packed with tropical flavours and inflammation-fighting antioxidants, it's practically a prescription for your soul!

Introducing
ThriveQUEST,
an initiative by



Join us for an unforgettable night filled with fun, laughter, and inspiration as we explore simple ways to live healthier, happier lives! This isn't your typical health talk—it's a lively hour where you'll connect with amazing people, learn practical tips for wellness, and leave feeling empowered to make small changes that truly matter. Don't miss out—come and be part of a night that's as entertaining as it is uplifting facilitated by a Lifestyle Physician!



Scan here —→
or access via this link

<https://www.eventbrite.com/e/thrivequest-tickets-1115347968799>

"The *Yalda Night Supper Club* at R&H was a resounding success, celebrating winter solstice in style. Guests indulged in a delightful evening filled with delicious Persian-inspired dishes and their warm connection. The blend of cultural heritage and modern charm created an unforgettable atmosphere that truly captured the spirit of Yalda. Thank you to everyone who joined us and made the night so special—your enthusiasm and support continue to inspire our events!"

