



# SOCIAL AND PCL'S



## Wellness, Growth & Community for Lawyers

**This September** take a well-deserved break and invest in **YOU** – the incredible legal minds who carry the weight of justice everyday in our very first Wellness Month. We have curated a lineup of activities designed to help you de-stress, rejuvenate and connect with your brothers and sisters at-law in a relaxed setting. It will be a carefully curated journey of reflection, resilience and reconnection!

***Save the Dates !!!***

The full list of activities include: a stress management workshop where you can learn practical tips and techniques to navigate the demands of our profession, pilates and yoga sessions, a running clinic and a sunset cruise to unwind and relax against the stunning backdrop of the Penang sunset.

**Because when we care for ourselves, we serve better,  
think sharper and live fuller.**

**Open to all Members of the bar and Pupils in chambers.**

**Let's Balance The Scales together !**





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# **WELLNESS MONTH**

**THIS SEPTEMBER 2025**



**AMAZING ACTIVITIES AWAIT !!!**

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|-------------------|--|
| <b>06/09/2025</b> | <b>Thrive and Flourish: Mastering Stress, Achieving Work-Life Harmony, and Nurturing Mental Wellness</b> |
| <b>10/09/2025</b> | <b>Respect at Work: Building a Culture of Safety, Dignity, and Accountability</b>                        |
| <b>13/09/2025</b> | <b>Balance Your Body &amp; Mind: A Morning of Yoga &amp; Nourishing Nutrition</b>                        |
| <b>19/09/2025</b> | <b>Law &amp; Disorder : Game Night</b>   |
| <b>20/09/2025</b> | <b>Case Closed: Running for a Stronger Mind &amp; Body</b>   |
| <b>21/09/2025</b> | <b>Stretch, Sip &amp; Dance: A Pilates &amp; Coffee Rave Experience</b>                                  |
| <b>24/09/2025</b> | <b>Blood Donation Drive</b>  |
| <b>28/09/2025</b> | <b>Scales at Sunset : Balancing Work and Waves, a sunset cruise</b>                                      |

**STAY TUNED FOR MORE DETAILS !!!**

Issued by ;  
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