

## **Free Emotional Help For Laid-off Employees Provided**

*Synergy Integrated Medical Centre and its team of skilled therapists offer free healing sessions to overcome the stressful period facing Dubai employees*

**Jan. 6, 2009** - [PRLog](#) -- Several challenges await the business sector in 2009. Economic slowdown leads to reduction in work force, downsizing, termination of projects and finally job losses. Losing a job is one of the major life-altering events we all dread.

Employment security has become increasingly rare and the fact is that even without recession, at some point in our professional life, every individual might be laid off. Laid off employees will likely experience major physical and emotional stress that could lead to depression and thereafter to a poor general health.

It is the rare and fortunate individual who is able to simply “let go” of the old and jump right into a job search. Job loss often leads to a complete lifestyle change with repatriation or even relocation to a different part of the world. The people who are facing this stressful situation need help to stay emotionally balanced and focused in order to take the right decisions for them and the family they support. The first thing to do to stay prepared is to eat well, exercise and limit or eliminate unhealthy habits like smoking and drinking alcohol to excess.

Help is available. Skilled therapists at Synergy Integrated Medical Centre are now offering:

**FREE HEALING SESSIONS** every Sunday from 11th January 2009 starting at 6 PM for a one hour group session to help regain, restore and rebalance.

For further details and bookings please contact:

Synergy Integrated Medical Centre

Tel: 348 5452

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For more information please contact:

Gordana Sikora

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About Synergy Integrated Medical Ctr

Synergy Integrated Medical Centre is introducing a new concept in health care to the residents of Dubai. The aim is to combine conventional medicine with complementary forms of therapy in order to provide a completely holistic (treat the person as a whole) health care model.

This integrated approach will give us more treatment options for improvement in both physical health and emotional well-being. We combine the advantages of alternative and complementary therapies, which emphasize lifestyle modifications, nutrition, preventative strategies and non-drug interventions, with conventional medicine for its ability to diagnose disease pathology, and provide intervention when surgery, antibiotics, pharmaceutical drugs, and urgent care are required.

We strive to provide safe and efficient health solutions for our patients, and integrated medical care can provide us with many more options and opportunities to treat or prevent health problems.

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