



CEO Message

The UAE and the rest of the world endured the worst global pandemic in over 100 years, and each of you played a significant role in the battle. The toll that this year has taken on each of you is real, but you've emerged stronger individually, and we are stronger as a team for the lessons learned and the battles fought and won over the past 12 months. Last December our company entered into its most tumultuous stage in the past 40 years. The worst effects of our financial crisis and the adjustments we had to make are behind us, and once again, the company is on solid footing. The testament to your strength and the resilience of the organization lies in how we managed these challenges and came together as a family.

Because of our amazing NMC teams around the world, with their determination and sheer HARD WORK, we are ending 2020 in a strong position! We wish you a New Year filled with health, happiness, hope, and love.

Michael Davis
Chief Executive Officer



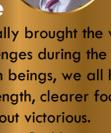
GM Message

The year 2020 literally brought the world to a standstill and each of us faced multiple challenges during the year, both professionally and personally. As human beings, we all have a reserve within us to dig deep and find tougher strength, clearer focus and stronger faith to keep going in adversity and come out victorious.

I'm proud to say, that at ProVita, we have witnessed just such strength, courage and faith with unwavering focus on always doing the job to the best of our abilities. It is for this reason, that despite the challenges of 2020, ProVita has done tremendously well and this is a credit to each one of you. There are many learnings that we take forward from 2020 from safeguarding our health and being supportive of each other, to spreading kindness and working as a team.

As we start a New Year with new hope, I wish you all a Safer, Healthier and Very Happy 2021.

Stanley Rodrigues
General Manager



Editor Message

Welcome to our eleventh edition of NMC ProVita InFocus E-newsletter, I can't believe that I am writing a good bye message for 2020!

Only yesterday we were looking forward to a new year full of surprises, and tomorrow we will remember today as we remember now yesterday. A year has passed and a moment of our life went forever, I believe that we are strong and willing to continue. The sun sets in the west for 2020 and rises for a bright new tomorrow, unfolding a new year with brightness and hope. Good bye 2020 and welcome 2021.

I wish ProVita and all of our team a year full of love and success!

Lama Al Aridi
Senior Marketing Manager



Are you looking forward to waving bye bye to 2020 and hello 2021? Well you are not alone! With every new year comes the opportunity to right some wrongs and start over again.

If you would like to know how to feel more motivated, look more fresher and be more healthier then try our top tips to kick the new year off to a GREAT start! –

- Learn to cook something new each week. Save money, try new foods and impress your friends!
- Be kind to yourself – Give yourself a compliment or two when it's due. Self love is everything and will help reduce stress levels.
- Build a better budget (outline a budget that works for you and make a plan for how you'll stick to it. Apps like MINT can help
- Have a clear out and donate old clothes – You will feel mentally good after this and knowing you may have helped someone is a huge moral boost
- Play upbeat music – Studies show that the type of music we listen to has a huge impact on our feelings and attitude
- Take more walks – This releases endorphins and helps us to stay focused
- Go to bed on time – Your body will feel refreshed and energized by sticking to this one simple goal
- Read more books! – What a way to escape, reduce stress and improve your language communications skills
- Become a plant owner – the presence of plants has shown to reduce stress levels
- Eat more veggies! – It will show in your skin and energy levels

Happy New Year Everyone!



Flash Back



Goodbye 2020, Hello 2021! Despite the world wide pandemic in 2020, ProVita were still able to create and cherish some happy memories and achievements too. Here are just a few of the highlights.

Home Hemodialysis



Our very special patient, Abdullah Ali Abdullah Al Dhaheri used to travel to the hospital for his hemodialysis sessions 3 times a week. Now he enjoys this very necessary lifesaving treatment in the comfort of his own home. He is not just a patient, he is our family.

Maitha's exhibition

NMC ProVita has a budding new artist! Long term patient Maitha, who is aged just 12 years old sold all of her paintings when she held her very first art exhibition in NMC ProVita, Abu Dhabi campus. Maitha has developed her artistic talents in recent months and has dreams of being a successful artist in the future. She certainly has our vote! Well done Maitha, we are so proud of you.



Rawdah's Birthday

NMC ProVita patient Rawdah was just a baby when she became part of the ProVita family. Last month she celebrated her 9th birthday with a candy and lollipop themed party, surrounded by everyone she loves most. Happy Birthday Rawdah!

Merry Christmas

NMC ProVita would like to wish all of its patients, families, staff, friends and visitors a very merry Christmas and a very blessed and safe new year.



SOCIAL MEDIA CONTEST

WINNING PRICE
250AED

A big congratulations to **Khrisna Mae Castillo** for being the winner of last months social media completion. 250aed cash is on the way to you. Do enjoy spending!

This months is ProVita's 10 YEAR anniversary. And as such as we are giving one lucky staff member another chance to win 250 aed in cash. All you have to do to win is send in any old photos of you have of ProVita (the place or the staff) as far back as you have to Lama.alaridi@provita-me.com The best photo will be chosen by our editor and announced in next months newsletter.

Good luck to all!



Quote of the Month

“ You are never too old to set another goal or to dream a new dream. ”
C.S. Lewis

