Venus
Medical & Dental Centre

JUNE-SEPTEMBER
2026



Newsletter

HEALTH
WELLNESS
PREVENTION
SUPPORT

The Venus Bulletin

A Word From Our Finance Manager

WELCOME



Greetings

There's always more happening behind the scenes than meets the eye. June through September gave us plenty to talk about. From activity within the centre to events beyond our doors, these past few months have been filled with moments worth sharing.

Inside these pages, we're celebrating the highlights of the past few months, sharing stories , and taking a look at some of the moments that have shaped our journey.

Barnabas Chitiyo
Finance Manager



DENTAL

SPOTLIGHT



We are taking digital dentistry a step further with **in-house 3D printing!**

What This Means for You As A Patient?

- Personalized fit and comfort: Devices such as surgical guides, aligners, retainers, crowns, and denture components can be designed to match your exact anatomy, improving fit, comfort, and treatment outcomes.
- Faster turnaround: In-office printing reduces reliance on external labs, shortening wait times and, in some cases, enabling same-day solutions.
- Greater precision: Layer-by-layer fabrication from digital models delivers accuracy within microns, meaning fewer adjustments chairside and more predictable results.



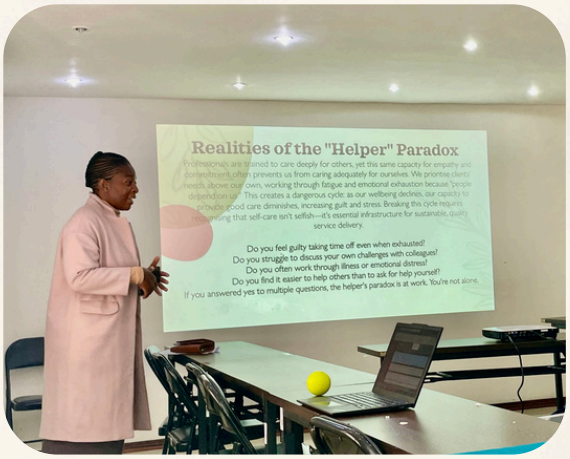
MENTAL HEALTH

SPOTLIGHT

As we step into the month of October, one date deserves a place in your diary:
World Mental Health Day (10 October)

Observed around the globe, this day brings an annual focus to something that is part of everyday life: how we think, feel, behave and function. That can look different from person to person.







For a child, it might be a noticeable change in behaviour or learning. For a teenager, withdrawal or difficulty concentrating. For an adult, persistent stress, changes in mood or finding ordinary responsibilities increasingly difficult.

The important part is not to jump to conclusions. A change is simply a reason to look closer. Did you know our mental health specialists work with children and adults to look at the whole picture? Emotions, behaviour, learning, thinking and overall cognitive functioning. Contact us to find out more.

WELLNESS RECAP

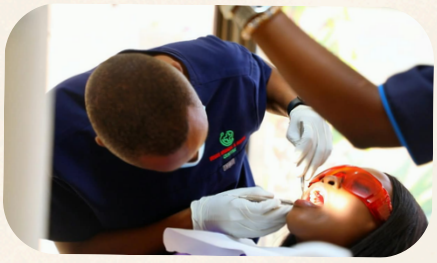
SPOTLIGHT











1 JUNE
MISS UNIVERSE ZIMBABWE TOP 10 FINALISTS

We welcomed the Miss Universe Zimbabwe Top 10 finalists for their pre-finals preparation and pampering. From dental care to baseline medical checks, the visit gave the finalists a chance to take some time for themselves while getting ready for the next stage of the competition.

Congratulations once again to Miss Universe Zimbabwe 2026, Roseanna Hall!

26 JUNE
WORKPLACE WELLNESS

The session featured a talk on stress management led by our Educational Psychologist, who shared practical guidance on recognizing and managing everyday pressures.

This was followed by a session with our GP on men's reproductive health, creating an opportunity for open and informative conversations around an often-overlooked area of health.















3 JULY
WORKPLACE WELLNESS

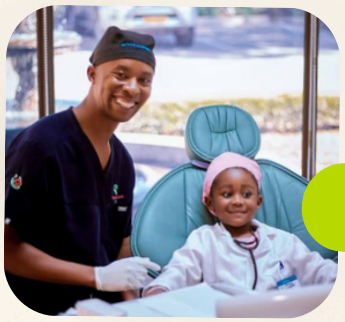
.
Our Psychiatrist led a session on mental health in the workplace, exploring the importance of recognising and addressing mental health concerns at work. The team also conducted dental screenings, giving employees an opportunity to have their oral health checked as part of the day's activities.

WELLNESS RECAP

SPOTLIGHT











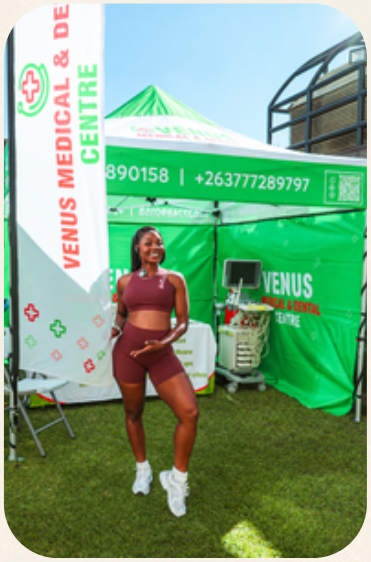
15 JULY
LITTLE MEDICS IN THE MAKING

We hosted some very enthusiastic future healthcare professionals. They did more than just dress the part, they explored different healthcare roles, got familiar with some of our tools and picked up a few tooth-brushing tips!

18 JULY
BUMPS & BICEPS 2.0

Hosted by Miss Chindiya, a powerhouse in the fitness and wellness space, the event brought expecting mothers together for a wellness-focused experience centred around movement, connection and education.

From fitness to conversations around pregnancy, postpartum and overall wellbeing, it created a welcoming space for mums-to-be to move, learn and connect.













JULY & AUGUST
SPORTS DAYS

Sport brings people together, and we have had the opportunity to support it in different settings. Our nurses, Physiotherapist, and other professionals have been on duty at school sports days, providing on-site medical support while students take part in various sporting activities. We have also supported other sporting events, marathons and activities throughout the period.

ON THE MOVE

TEAM SPOTLIGHT

Our team has been getting involved beyond the centre, taking part in local marathon events, and embracing opportunities to stay active and connected with the wider community.





We had a water point set up at our facility at the Run walk For Life Marathon in September. We enjoyed supporting participants along the route and bringing a little of the race-day energy to our doorstep. It was great to see some of our own team members lace up and take part too.













BEFORE YOU GO

FINAL WORD

As we enter the final stretch of 2026, this is also a good time to start thinking ahead and planning for the months to come. Good planning is not only about your money and finances. It's also about making room for the things that matter, including your health. A little preparation now can help avoid the rush when life gets busy!

Health Tip

With Jacarandas adding colour to the season, it's worth remembering that pollen can trigger sneezing, itchy eyes or allergies in some people. Try limiting your exposure to pollen as much as possible. To manage your allergies and reactions, consult with your doctor for a proper diagnosis and advice on suitable ways to manage them.



Operating Hours

Monday: Friday: 8am-5pm

Saturday: 8am-1pm

Sunday & Public Holidays: Closed

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