

## Wellbeing Card Games Café

Relax, have fun, and build meaningful connections at the Wellbeing Card Games Café. Our specially curated fun and connection-building games will be facilitated by Wellness Ambassadors. Come with your team or meet new people there and experience the shared joy of playing while creating positive and meaningful relationships.



### Session 1

Cistron, L5 Matrix, BP  
9 Oct, 1:30pm – 3pm

### Session 2

Infuse Lounge,  
L14 Connexis South, FP1  
11 Oct, 2pm – 3:30pm

[Book a Session](#)

Find out more about A\*STAR's Wellness Ambassadors [here](#).

## Wellness Ambassadors

As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A\*STAR and family. The A\*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

