

SINGAPORE SPORTS MEDICINE CENTRE

Sports Psychology Q&A Session*

Call us for a complementary session to find out more about what Dr Jay-Lee does at the SSMC and how she can help you or a family member.

Adults

Chronic Pain & Injury
Rehabilitation

Weight Loss

Stress & Anxiety

Work Life (im)balance

Perfectionism Recalibration

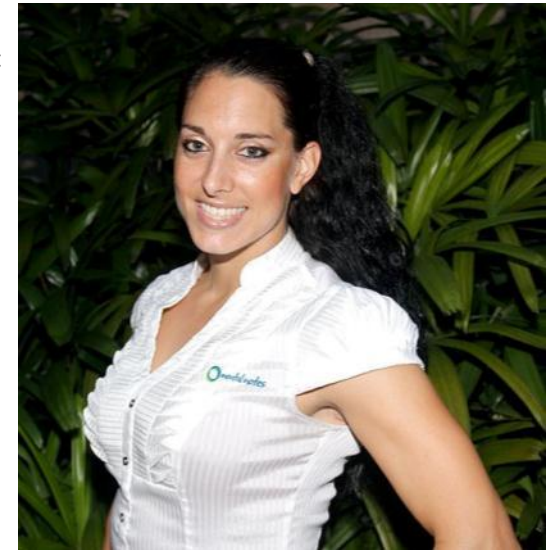
Youth / Adolescents

Exam Preparation
(PSLE and A-Levels)

Stress Management

Performance Anxiety in
Sports & Academics

Low Self Confidence



Dr Jay-Lee Longbottom

*Master of Psychology,
PhD (Sport & Exercise Psychology)*

**Dr Jay-Lee is available
for Q&A on Fridays,
from 6pm to 7pm**
(From 1st August 2014)

**Complimentary 15 min Q&A sessions are valid for 1st time Sports Psychology patients only (By Appointment).*

Hotline: +65 6737 1000

Email: doctor@ssmc.sg

#08-07 to 11, #08-32 to 33
Novena Medical Centre