

Human Resources Organisational Health Driving Wellness in the Workplace

We believe that individuals can play more meaningful roles in promoting their own health, preventing their own (and families') diseases, and participating positively in their treatment.

We believe in empowering individuals to take control of their health.

Exhibitors / Therapists / Stalls

Cancer Association of South Africa (Free breast examinations, 8 July only)

Optometrist: (Free eye screening)

Massage Therapists: (head, neck, temple and shoulder massages)

Capitec Bank

Sports Science Institute

Blenda Venda

Curves

Sh'zen

Nutritionist

Staff Unions (Nehawu, Employees Union)

ICAS (Independent Counselling and Advisory Service)

Discovery Health Screening: (BMI, Blood Pressure, Glucose, Cholesterol, HIV and Psychological Distress)

SANCA (SA National Council on Alcoholism and Drug Dependence)

Lucky
draws and
free gifts for
attendance

Health Screening times will be from 9h00 until 15h00.

Bookings for Health Screening and massage therapists can be made via email or telephone to Gaynor May at gaynor.may@uct.ac.za or telephone x 3519 before the start of the event.

HUMAN RESOURCES PRESENTS UCT WELLNESS FAIR

8 & 9 July 2015

**Venue: Aadil Moerat and
Frances Ames
Conference Rooms**

Barnard Fuller Building

**Faculty of Health
Sciences**

Time 10h00 – 14h00

Take Control Of Your Health

