

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.

HUMAN RESOURCES PRESENTS UCT WELLNESS FAIR

8 – 9 July 2014

**Venue: Francis Ames and
Aadiel Moerat
Conference Room**

**Barnard Fuller Building
Faculty of Health
Sciences**

Time 10h00 – 14h00

Take Control Of Your Health

Exhibitors / Therapists / Stalls

Optometrist: (Free eye screening)

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

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

Blenda Venda

Sports Science Institute

CANSA (Cancer Association of SA)

Sh'zen

Old Mutual

Staff Unions (Nehawu, Employees Union)

Virgin Active (8 July only)

Dischem (8 July only)

Curves

Planet Fitness (9 July)

Nutritionist (Healthy Food and Spice for Life Demonstration)

ICAS (Independent Counselling and Advisory Service)

Run Walk for Life (9 July only between 12h00 - 13h00)

Herbal Life

Lucky
draws and
free gifts for
attendance

Bookings for the Health Screening and Massage Therapists can be made directly with the provider on the first day of the event. Health Screening times will be from 9h00 until 15h00. All other providers will only be there from 10h00 – 14h00.

