

WELLNESS DAY

21 SEPTEMBER 2019

TOTALCARE

L I V I N G



09:30

PAWS FOR PEOPLE

The positive effect of animals for the fight against cognitive decline

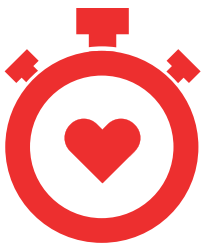


10:00

ELANIE PELSER

Gesels oor kreatiwiteit

KUNSVLYT STER



10:30

DNA AND AGING

Dr Carina Venter will talk about our DNA and how it affects aging

drcarinaventer@gmail.com



11:00

IMPORTANCE OF COLLAGEN

Marie du Plessis

COLLAGEN TASTING

marieduplessis@proactivesa.co.za



11:15

KIND TO HEARING

Of all the senses, hearing is usually the one that goes first. Find out how to optimize your hearing.

liesl@k2h.co.za



11:45

DANCE AND MEMORY

Ren will talk about the benefits of dancing and its positive impact on memory

rensdanceclassrooms@gmail.com



ENJOY A CAPPUCCINO AND CAKE

Please feel free to bring a friend and come enjoy the day with us!

Remember to RSVP

Reserve the day or only an event @
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