

WELLNESS DAY

12 OCTOBER 2019

TOTALCARE

L I V I N G



BIOKINETICIST

Strength is vital to ensure healthy ageing and to nurture our muscles. Come enjoy Irena Nowak as she discusses interventions and therapies for strong bodies.

09:30

Dr Irena Nowak

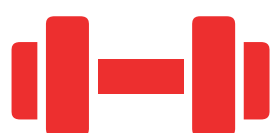


MUSIC AND DANCE

The positive effect of music & dancing for the fight against cognitive decline

10:00

rendanceclassrooms@gmail.com



PHYSIOTHERAPY AT HOME

Active Ageing; a talk which deals with the benefits of exercises on our bodies. Receive a free exercise band & home exercise plan.

11:30

physiotherapy@home.co.za



THE BEAUTIFUL MRS SA FINALIST, MEGON SCHUTTE, WILL ALSO BE ATTENDING THE DAY!

Remember to take a selfie and send it to newsdesk@totalcaresa.co.za



ENJOY A CAPPUCINO & 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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La Vie Nouvelle
Corner of Riverview Road & Syringa Avenue
Broadacres