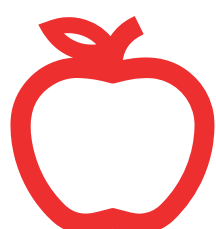


WELLNESS DAY

19 OCTOBER 2019

TOTALCARE

L I V I N G



DIETICIAN

Our beautiful & knowledgeable dietitian, Liesel Koekemoer, will talk about nutrition and ageing! Bring a friend and come enjoy the information shared!

09:00

liezelkoekemoer@icloud.co.za



KIND TO HEARING

Our Audiologists will talk about our sense of hearing and the effects thereof. A free hearing test for all!

10:00

www.kindtohearing.co.za



CHRIS JACKS

How to remain Healthy in spite of Western Lifestyle & Habits

11:00

chris@reflecthealthyliving.co.za



The lovely Mrs SA finalist, Megon Schutte, will be there to meet our residents and visitors.

Remember to take a selfie with her 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 @
Karin - 010 534 8301
belenoisadmin@totalcaresa.co.za
www.totalcaresa.co.za

Belenois Retirement Village
Falls Road, Homes Haven
Behind Silverstar Casino
Krugersdorp