

# WELLNESS DAY

5 OCTOBER 2019

## TOTALCARE

L I V I N G



### BIOKINETICIST

Loren Jordaan will talk about the benefits of certain exercise for longevity

*loren.yunnie@gmail.com*

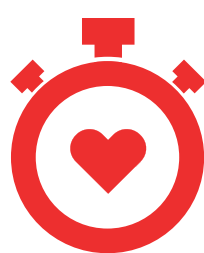
**10:00**



### HAND & FOOT CARE GLUCOSE & BP TESTING

**10:30**

*FREE OF CHARGE by Medisport*



### SOCIAL WORKER

Elena Hattingh will talk about Alzheimers and how to cope

*socialworkerkzn@alzheimers.org.za*

**11:00**



### HAND & FOOT CARE GLUCOSE & BP TESTING

**11:30**

*FREE OF CHARGE by Medisport*



### LUNCH

Hamburger or Chicken burger

*@ The Coffee Cafe*

**12:00**



### OXYGEN LAB

Presh will inform us about breathing and our lungs

*oxygenlab@gmail.com*

**12:30**



### HAND & FOOT CARE GLUCOSE & BP TESTING

**13:00**

*FREE OF CHARGE by Medisport*



### GUIDE DOGS

Enjoy the guide dogs and the benefits of interacting with them

*phoenixclub@guidedog.co.za*

**13:30**

Reserve the day or only an event @

Erika - 084 493 1476

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