

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

**30 & 31 August and 1
September 2016**

Venue: Jameson Hall

Time 10h00 – 14h00

Take Control Of Your Health

Exhibitors / Therapists / Stalls

HR Benefits

Staff Learning and Development Centre

UCT Health and Safety Services (30 August & 1 September only)

NEHAWU

Employees Union

Academics Union (31 August and 1 September only)

Optometrist: (Free eye screening)

Blenda Venda (Smoothie Making)

Capitec Bank

Kidney Testing (30 and 31 August only)

CANSA (Cancer Association of SA)

Sh'zen

Herbalife Nutrition

Heart and Stroke Foundation

ICAS (Independent Counselling and Advisory Service)

WP Blood Transfusion Services (30 and 31 August only)

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

SANCA (SA National Council on Alcoholism and Drug Dependence)

Nutritionist (Healthy Food/Lifestyle Demonstrations)

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

**Lucky
draws and
free gifts for
attendance**

Bookings for the Health Screening and Massage Therapists can be made by e-mail or telephone to Gaynor May on x 3519, gaynor.may@uct.ac.za before the 30th of August. Health Screening and massage times will be from 9h00 until 15h00.



**SPORTS
SCIENCE
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