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Dear Colleagues

You are warmly invited by the Human Resources Department to attend the Annual Wellness Fair which will be held on 27 and 28 September 2017 in the Jameson Hall on Upper Campus.

We believe that individuals can play more meaningful roles in promoting their own health, preventing their own and their families' illnesses, and participating positively in the treatment of such illnesses when they arise.

The fair will run from 10:00–14:00, however the health risk screening and massages will run from 09:00 until 15:00 daily.

This is an ideal opportunity for STAFF to gather information from a variety of health and wellness specialists that can have a positive impact on your lifestyle and well-being. A number of exhibitors will be providing interactive demonstrations to give you a hands-on opportunity to have fun while you learn. Some of these activities include head and neck massages, screening for blood pressure, cholesterol, diabetes, Body Mass Index (BMI), HIV, testing psychological distress questionnaire and eye screening.

Your health is vitally important to us. I encourage you to take part in the Wellness Fair, details of which are available here. Together we can make UCT the healthiest University and workplace in South Africa.

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](mailto:gaynor.may@uct.ac.za) before the 27th of September.

Health Screening and massage times will be from 09:00 until 15:00.

If you have further questions about the wellness fair, please e-mail: [susan.williams@uct.ac.za](mailto:susan.williams@uct.ac.za)

Yours sincerely

Ms B Claasen-Hoskins  
**Manager: Appointments, Benefits and Org Health**