



## 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**

**27 & 28 September 2017**

**Venue: Jameson Hall**

**Time 10h00 – 14h00**

**Take Control Of Your Health**

#### Exhibitors / Therapists / Stalls

ICAS (Independent Counselling and Advisory Service)

Optometrist: (Free eye screening)

Blenda Venda (Smoothie Making)

Virgin Active

Dentist

HR Benefits

CANSA (Cancer Association of SA)

Sh'zen

Heart and Stroke Foundation

WP Blood Transfusion Services

Ergonomic display


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

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)

Safety and Violence Initiative: exhibiting the Safe-Up UCT mobile application



**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](mailto:gaynor.may@uct.ac.za) before the 27<sup>th</sup> of September. Health Screening and massage times will be from 9h00 until 15h00.**

