UFS Health and Wellness Expo



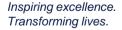
20-21 February 2020

Callie Human Centre

09:00-19:00

For more information contact Arina Engelbrecht at gesal@ufs.ac.za | 083 644 9980

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UFS Health and Wellness Expo Programme









Fitness Sessions - Kovsie Fit

Thursday, 20 February					
06:20	Cross training	Vicki			
07:00	Spinning	Carol & Pieter			
12:00	Pilates	Marizanne			
12:30	Functional Training	Yanelisa			
17:00	Spinning	Carol & Pieter			
17:30	Buti Yoga	Wendy			

Fun Functional Training with Ben Zwane

20 February 2020 | 18:00-18:45

Parking area, Eastern side, George du Toit Admin Building

Friday, 21 February				
05:45	Spinning	Carol & Pieter		
12:00	Functional training	Yanelisa		
12:45	Pilates	Marianne		
13:00	Spinning	Yanelisa		
16:30	Spinning	Carol & Pieter		
17:00	Fencing demonstration	Free State Amateur Fencing club		
17:15	Karate demonstration	JKS Bloemfontein		

Vodacom Striders 4km & 8km Fun run

21 February 2020 | 18:00 | Start and finish: Callie Human Centre

Entry fee: R40 (4km) | R60 (8km)

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Wellness Talks - In collaboration with the Faculty of Health Sciences

Thursday, 20 February				
09:30	How to cope with a person with Alzheimers & Dementia	Thakane Radtapole		
11:00	Mindfulness: Why & How?	Mariki Smith		
12:30	Work-Life Balance: Is it possible at all?	Dirk Swart		
14:00	Environmental Wellness: Talking Trash: A new sustainable you!	Carien Denner & Petro Swart		
16:00	My child is autistic: What now?	Dr David Griessel		

Friday, 21 February				
08:00	The impact of Money stress on workplace productivity	Hendrik Crafford		
09:30	The prevention of Lifestyle illnesses	Dr Sam Potgieter		
11:00	The myths of dieting	Ilsabe Spoelstra		
12:30	Depression & Pain: 'The Chicken or the Egg?'	Dr Fanie Meyer		
14:00	Ergenomics in the workplace	Mashudu Rabambi Azette Swanepoel		
15:15	Alternative ways to enhance your health and your wellness!	Wim Grobbelaar		
16:30	Managing the injury risk in running	Arnold Vlok		

All wellness talks will take place in the Albert Wessels Auditorium

Exhibitions in the Callie Human Centre

Exhibitors





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