

# UFS Health and Wellness Expo



**20-21 February 2020**

**Callie Human Centre**

**09:00-19:00**

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*Inspiring excellence.  
Transforming lives.*

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**UFS·UV**  
ORGANISATIONAL DEVELOPMENT  
AND EMPLOYEE WELLNESS

# UFS Health and Wellness Expo Programme



20-21 February



Callie Human  
Centre



09:00-19:00



## 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	Ilisabe Spoelstra
12:30	Depression & Pain: 'The Chicken or the Egg?'	Dr Fanie Meyer
14:00	Ergonomics 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



momentum

