UFS Health and Wellness Expo



Fitness classes

20-21 February 2020

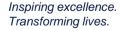
Callie Human Centre

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		
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





















active

















Run on clouds.

Swiss Engineering



personally yours















