

Health and Wellness: Division Staff Wellness Afdeling Personeelwelstand

HIGHLIGHTS 2014

River-rafting weekend	1 & 2 March
Sundowner for men	15 May
Women's breakfast	6 August
Amazing Race	5 September
Medical screening tests	9-15 September
Biker's run	1 November

EXERCISE IS MEDICINE

Fitness Screenings	20 February & 5 August
Health & Wellness Kick-off 2014	21 February
Soccer afternoon	16 May
Netball afternoon	22 August
Fun walk	1 October
Mountain hike	4 & 5 October

WORKSHOPS

Time management	14 February
Anti-rape self-defence	15 March
How to achieve success in your carer	4 April
Sensory Intelligence	23 May
Change management and coaching	20 June
Seven choices for successful woman	15 August
Conflict management	19 September
Setting boundaries	31 October

LUNCH-HOUR PRESENTATIONS

Spirituality of dreams	6 February
Budgeting and bank exhibitions	4 March
Loans and bank exhibitions	5 March
How to change a tyre	14 March
Social media	18 March
Denims and diamonds	25 March
Information about organ donation & blood donation	14 April
Teaching my child to be money wise	6 May
Motivating my teenager	8 May
Setting boundaries	20 May
Recycling	27 May
Energy saving	28 May
Glucose intolerance	10 June
How to change a lock and fix a plug	13 June
How to father when you have never been fathered	18 June
Humour and laughter: Fireworks of the soul	31 July
Tax / E-filing	13 August
Focusing on the positive	28 August
Muscle-relaxation techniques at work	22 October
Alzheimer's disease	30 October
Parenting and play	6 November
Christmas function	3 December

For more information contact: Arina Otto by gesal@ufs.ac.za or
Liesl Wessels by wesselsl@ufs.ac.za

T: +27(0)51 401 3580 | E: wesselsl@ufs.ac.za | www.ufs.ac.za

