

# Health and Wellness: Division Staff Wellness

## HIGHLIGHTS 2015

River-rafting weekend	14 & 15 March
Sundowner for men	14 May
Focusing on youth seminar	5 June
Women's breakfast	6 August
Amazing Race	4 September
Mountain hike	3 & 4 October
Health week	12 – 15 October
Bikers' run	14 November
Christmas Closure	27 November

## SPORTS AFTERNOONS

3 x 3 interdepartmental relay	6 March
Soccer afternoon	8 May
Netball afternoon	14 August
Bowls afternoon	20 November

## WORKSHOPS

Setting boundaries	30 January
Spiritual intelligence	20 February
Understanding human behaviour	13 March
Shaping	29 May
Resilience	19 June
My petticoat, my pride and my pennies	21 August
Work happy the Google way	2 October
Change management	30 October
Assertiveness: A fine art in empowerment	13 November

## LUNCH-HOUR PRESENTATIONS

Personal branding	4 February
How to make your office work for you	10 February
Be the best you	17 February
How to change a washer	27 February
Financial literacy	4 March
Destructive occult practices	17 March
Road safety: Driver behaviour	23 March
Sports injuries	21 April
Short-term insurance	21 May
Urban ecosystem	26 May
Health and safety measures at work and at home	8 June
Sleep education	24 June
Hope	28 July
Back and neck care	20 August
Financial presentation: Credit	27 August
Bipolar disorder	16 September
Foot care	29 September
Handling criticism	22 October
Financial presentation: Car and house finance	27 October
Empty-nest syndrome	5 November
Going green	11 November
How to use a drill	17 November

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