

WELSTANDSPROGRAM 2013/ WELLNESS PROGRAMME 2013

“WINNING WITH WELLNESS”

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DATE	PRESENTER / AANBIEDER	THEME / TEMA	TIME / TYD	VENUE / PLEK	LANGUAGE / TAAL
First term / Eerste kwartaal					
22 Jan	Mr/mnr Jaco van de Wall	<u>Financial peace of mind with:</u> <u>Finansiële gemoedsrus met:</u> Card fraud / Kaartbedrog	13:00–13:45	Benito Khotseng 107	Eng
23 Jan	Ms/me Evaline van Wyk	My UFS benefits / My UV-voordele	13:00–13:45	Benito Khotseng 107	Afr
24 Jan	Mr/mnr Arie van der Bijl	Times of trauma / Tye van trauma	13:00–13:45	CR Swart 10	Eng
12 Feb	Dr Amanda van der Horst	What to do when I suspect a person I care for is on drugs / Wat om te doen as ek vermoed dat 'n persoon vir wie ek omgee op dwelms is	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Afr
15 Feb	Dr Bruno Cooreman	Secrets in magic relationships / Die geheim van goeie verhoudings	18:30	A Lodge	Eng
20 Feb	Various presenters / Verskeie aanbieders	Exercise is Medicine		Callie Human	
27 Feb	Prof Lucius Botes	Role of a section head / Die rol van 'n afdelingshoof	13:00–13:45	Benito Khotseng 107	Afr
8 Mar	Wellness Office / Welstandskantoor	Soccer afternoon / Sokkermiddag	14:00	UFS Soccer fields / UV-sokkervelde	Eng / Afr
19 Mar	Various departments / Verskeie departemente	Water Extravaganza	08:00–16:00	Centenary Complex / Eeufeeskompleks	Eng / Afr
Second term / Tweede kwartaal					
13 Apr	Mr/mnr Kobus du Preez	Architectural tour / Argitektuurtoer	14:00-17:00	Bloemfontein	Eng / Afr

	(Architectuur/Argitektuur)				
23 Apr	Dr Katinka Botha	General signs of psychopathology / Algemene tekens van psigopatologie	13:00–13:45	CR Swart Senate / CR Swart Senaat	Eng
26 Apr	Wellness Office / Welstandkantoor & Teambo	Amazing Race	13:00	Pellies Park	Eng / Afr
9 May / Mei	Dr Johan Le Roux	Eating disorders / Eetversteurings	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Afr
10 May / Mei	Wellness Office / Welstandkantoor	Netball and Tug-of-war afternoon / Netbal en Toutrékmiddag	14:00		Eng / Afr
21 May / Mei	Mr/mnr Dave Reynolds	Waste Management – waste, water and electricity saving / Afvalbestuur – afval-, water- en kragbesparing	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Eng
4 Jun	Dr Zandre Swanepoel	A healthy relationship with yourself / 'n Gesonde verhouding met jouself	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Afr
20 Jun	Prof Andre Venter	ADHD – diagnosis & approaches to treatment / ADHD – diagnose & benaderings tot behandeling	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Afr
Third term / Derde kwartaal					
31 Jul	Mr/mnr Sydney Masala (CEO / HUB Netcare)	Diamonds and Pearls / Diamante en Pêrels	13:00–13:45	CR Swart Senate Hall / CR Swart Senaatsaal	Eng
7 Aug	Ms/me Venete Klein	Women's breakfast / Vroue-ontbyt	07:45	Reitz Hall / Reitz-saal	Eng
20 Aug	Dr Barry Fichardt	<u>Medical awareness week / Mediese bewustheidsweek</u> My colon and I / Ek en my kolon	13:00–13:45	FGG 202	Afr
21 Aug	Dr Wimpie de Lange	Glucose intolerance / Glukose-intoleransie	13:00–13:45	FGG 202	Eng
22 Aug	Ms/me Elmine du Toit	Organic food & Detox / Organiese kos & detoks	13:00–13:45	FGG 202	Afr
3 Sept	Ms/me Helené van Tonder	Relationship with your past / Verhouding met jou verlede	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Eng
4 Sept	Wellness Office / Welstandskantoor	Tennis Championships / Tenniskampioenskap	14:00		Eng / Afr
9 – 13 Sept	Wellness Office / Welstandskantoor Pathcare & MediClinic	Medical screening tests / Mediese siftingstoetse	09:00–16:00		Eng / Afr

Fourth term / Vierde kwartaal					
5-6 Oct / Okt	Dr Jacques Raubenheimer	Mount Aux Sources Mountain hike/ Mount Aux Sources Bergklimuitstappie		Mount Aux Sources	Eng / Afr
9 Oct / Okt	Dr Werner Sinclair	Antarctic Leadership / Antarktiese Leierskap	13:00–13:45	CR Swart Auditorium / CR Swart-ouditorium	Afr
11 Oct	Wellness Office / Welstandskantoor Prof Johan Bloemhoff	Recreation day (boeresport, potjie competition & market) / Rekreasiedag (boeresport, potjiekos kompetisie & mark)	13:00		Eng / Afr
1 Nov	Mr/mnr Johan Badenhorst	“Voetspore”	19:00	Bain's Game Lodge	
8-9 Nov	Wellness Office / Welstandkantoor	River rafting		Orange River / Oranjerivier	Eng / Afr
27 Nov	To be confirmed / sal bevestig word	Christmas closure / Kersafsluiting	13:00–14:00	Odeion	Eng / Afr

OTHER ACTIVITIES

DAY/DAG	PRESENTER / AANBIEDER	ACTIVITY / AKTIWITEIT	TIME / TYD	VENUE / LOKAAL
Mon & Wed/ Maan & Woens	Ilsa van Wyk	Pilates	13:00–13:30	Callie Human Karate Hall / Callie Human Karatesaal
Tues & Thurs/ Dins & Do	Belinda Viljoen	Zumba	17:00–18:00	Joolplaas
	NALN – Leana Lategan	Online reading group		Internet