

**Circular 065**

16 August 2023

Dear Evergreen Residents,

**REMINDER - WELLNESS MORNING: 17 AUGUST 2023**

Evergreen Health have collaborated with Mediclinic Sandton and Discovery health to host a wellness morning preceding the AGM on the morning of 17 August 2023. They have lined up a variety of healthcare professionals to speak about various topics relating to wellness. You are invited to attend talks that might be of interest to you.

Time	Healthcare practitioner
08h30 – 09h00	<b>Dr Tracey Ling</b> (Emergency Centre Doctor)
09h00 – 09h30	<b>Dr Karen Vukovic</b> (Psychiatrist)
09h30 – 10h00	<b>Dr Farai Dube</b> (Cardiologist and Specialist Physician)
10h00 – 10h30	<b>Dr Kgao Ntshwana</b> (Gastroenterologists and Specialist Physician)
10h30 – 11h00	<b>Dr Alex Landmann</b> Neurologist
11h00 – 11h30	<b>Dr Rob Stein</b> (Orthopaedic Surgeon)
11h30 – 12h00	<b>Dr Reyna Daya / Dr Zaheer Bayat</b> Endocrinologist

Discovery Health Corporate will also be part of our Wellness morning. Discovery will perform the Premier Lite Health Checks for interested residents. The assessment is expected to take approximately 30 minutes per person to complete. **Free** for Discovery Members and medical aids administered by Discovery.

Testing will start from **07h00** to accommodate those residents who might want to attend all the speakers talks. Kind 2 Hear, Arjo Huntleigh, Forticare and Hector Naidoo and Associates; will be exhibiting their products and will be available to engage with residents on a one-on-one basis.

And to add a bit of fun and exercise to the morning, we will have a smoothie blender bike where you can peddle to blend your own smoothie. So, join us for a Free smoothie and some fun.




**Wilma Swart**  
Village Manager