



# EVERGREEN NOORDHOEK/LAKE MICHELLE WELLNESS DAY

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**DATE:** 16 February 2022  
**TIME:** 09h00 – 13h00  
**VENUE:** Lifestyle Centre

## COMPLIMENTARY SCREENINGS

- Blood Pressure
- Rapid Cholesterol
- Weight BMI

## WELLNESS TALK @10h00

Dietician – Annaleen Joubert – Health Eating Guidelines

## INFORMATION STANDS

Hector, Naidoo and Associates | Kind2Hearing | Optometrist  
Dietician | Telecare | St Luke's Hospice