



# EVERGREEN MUIZENBERG WELLNESS DAY

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**DATE:** 18 February 2022

**TIME:** 09h00 – 13h00

**VENUE:** Lifestyle Centre

## **COMPLIMENTARY SCREENINGS**

Blood Pressure

Rapid Cholesterol

Weight BMI

## **WELLNESS TALKS @11h00 & 11h30**

Dietician – Annaleen Joubert – Health Eating Guidelines

Optometrist – Annelize van Niekerk – General eye health

## **INFORMATION STANDS**

Hector, Naidoo and Associates Physiotherapy

Kind2Hearing

Longbeach Eye Studio Optometrist

Annaleen Dietician / Dieetkundige

Telecare

St. Luke's Hospice