

WELLNESS DAY at EVERGREEN MUIZENBERG

DATE: Thursday, 24th August 2023

TIME: 07h00 – 12h00

VENUE: Muizenberg Lifestyle Centre

PROGRAM

Health Risk Assessments: 07h00 – book with reception

Discovery Health Premier Lite Health Check

Presentations at the BIG TV – book with reception

- **09h00** Mindfulness presented by Dr Marc Roffey & Dr Jenny Dakers
- **10h00** Chronic Obstructive apnea - Sleepnet

Exhibitors: 09h00

- ARJO Mobility and Medical equipment
- Kind2Hearing
- Hector Naidoo & Associates Physiotherapy Group
- Foot family Training – Foot massages and footcare
- Fortecare – Incontinent Products
- James Lang – Ancient Physiotherapy