



Department of  
Student Affairs  
Liberating the Soul for Well-being & Flourishing

# *Student Wellness Service (SWS) Presents*



## **Wellness Talks with UCT Radio Live stream Breakfast Show**

Every Friday this August 2023  
TIME: **09H20**



**SWS online booking website**



**4 August 2023: Dr Kathy v/d Westhuizen (Medical Officer) -  
Young Womens health issues (contraceptives, prevention of  
STI's, prevention of cervical/breast cancer, PrEP)**



**11 August 2023: Londiwe Madikizela (Principal Clinical  
Psychologist)- Mental Health issues affecting women**



**18 August 2023: Dr Christie van der Zyl (Traditional Health  
Practitioner)- The importance of understanding traditional health**



**25 August 2023: Asanda Ndinisa- Pharmacy Manager  
Services and the launch**

**&**



**Khabonina Mthembu (Peer Counsellor) - selfcare and  
aftercare tips for students**



**DON'T  
MISS OUT!**

For more information contact:  
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