

Wednesday 15th August 2018

HIV testing & counselling
Health screening – *SWS Wellness Corner*
Mental Health awareness & Yoga
Swedish Neck and shoulder massage (15 mins)
SADAG - South African Depression and Anxiety Group
SANCA - South African National Council on Alcoholism
SpecSavers

Thursday 16th August 2018

HIV testing & counselling
Health screening – *SWS Wellness Corner*
Mental Health awareness & Yoga
SADAG - South African Depression and Anxiety Group
Swedish Neck and shoulder massage (15 mins)
SpecSavers

Friday 17th August 2018

Health screening – *SWS Wellness Corner*
Mental Health awareness
SADAG - South African Depression and Anxiety Group
AGO Africa – Drumming masters

Plaza Events – 13th -17th August

Men's Health
UCT Gym & Sports Injury Clinic
Finserve
Desmond Tutu Foundation/ Rainbow Society

SWS WELLNESS DRIVE MEMORIAL HALL/ PLAZA



13TH – 17TH August 2018

Welcome

Student Wellness Service is hosting a “Wellness Drive” in the Memorial Hall and Plaza at Upper Campus. The Wellness Drive will have HIV Counselling and Testing, Wellness Screening with health education, mental health self-help tips, stress relief techniques and dynamic relaxation practices all happening at the Memorial Hall and Plaza, Upper Campus from the 13th to the 17th of August 2018.

The OIC and Rainbow society will also be launching the Sexual Orientation Policy on the 14th of August from 13h00 – 14h00.

Event Schedule

Monday 13th August 2018

HIV testing & counselling
Health screening – *SWS Wellness Corner*
Mental Health awareness
SADAG - South African Depression and Anxiety Group
Swedish Neck and shoulder massage (15 mins)
AGO Africa – Drumming masters

Tuesday 14th August 2018

HIV testing & counselling
Health screening – *SWS Wellness Corner*
Mental Health awareness
SADAG - South African Depression and Anxiety Group
CANSAs - Cancer Association of South Africa
Swedish Neck and shoulder massage (15 mins)
AGO Africa – Drumming masters
Yoga
Launch of the Sexual Orientation Policy – Office for Inclusivity and Change – 13h00 – 14h00