



A Week of Wellness, Fun and Connecting

Parade	5 Sept 12:00 Wits Bus Stop, Yale Road
Staff Fun Day	5 Sept 14:00 – 17:00 Sturrock Park, West Campus
Umvuzo and Wits Staff Sport Club Tournament	6 Sept 09:00 – 18:00 Sturrock Park, West Campus

Staff Wellness Week

FREE health screenings designed to detect and prevent serious conditions.

Tests available include:

- Blood pressure
- Blood glucose
- Total cholesterol and lipid profile
- Body Mass Index (BMI)
- Abdominal circumference
- HIV

Get tested and stand a chance to win one of many prizes including juicers.

Date	Venue	Activities
8 Sept: 09:00 – 15:00	Space Frame, Linder Auditorium, Education Campus	General Health Screenings Spa mini-treatments First come, first served.
9 Sept: 09:00 – 15:00	Concourse, Solomon Mahlangu House, East Campus	General Health Screenings Spa mini-treatments First come, first served.
10 Sept: 09:00 – 15:00	Concourse Solomon Mahlangu House, East Campus	General Health Screenings Spa mini-treatments First come, first served.
11 Sept: Time: 12:30	Gavin Reilly Green, West Campus	Lenn Smith Campus Fun Walk/Race Register in advance for a chance to <u>win a laptop, printer and other prizes</u> . Registration details available on the Intranet.
12 Sept: 13:00	Library Lawns, East Campus Education Campus Sport Fields	Aerobics Classes (Bring your mat/towel and water)

