

Empowered Women: A Women's Health and Wellness Day

22 February 2022 | 09h00 to 15h00 (SAST)

Real Life Christian Centre, 73 Wayside Road, Bishop Lavis, Cape Town, 7490

TIME	TOPIC	SPEAKER
09h00-09h45	REGISTRATION, SCREENING AND TESTING	
10h00-10h15	Welcome and purpose of the day	Prof Renè English Head of Division: Health Systems and Public Health, Stellenbosch University
10h15-10h30	Hear our voices	Ms Melanie Erasmus
10h30-10h45	Keynote Address: Women's health	Dr Therese Fish Vice Dean: Clinical Services and Social Impact, Stellenbosch University
11h00-11h15	Information session: 'Know your numbers' Spread the word – the meaning of measurements	Ms Prudence Cele Health Promotions Officer The Heart and Stroke Foundation, SA
11h15-11h30	Cervical cancer prevention	Ms Robyn Adams Department of Obstetrics and Gynaecology, Stellenbosch University
11h30-11h45	Interactive activity	Ms Lynn Hendricks & Ms Stacey Blows Health Systems and Public Health, Stellenbosch University
11h45-12h00	Let's exercise! 😊	Mrs Kathleen Bosman StepTouch Fitness Club

12h00-13h00	LUNCH BREAK (visit trade exhibits/testing/network)	
13h00-13h30	Information session: Breast cancer	Dr Jenny Edge Medical Specialist, Head: Breast and Endocrine Surgery Unit, Stellenbosch University
13h30-13h45	Information session: Eating well	Ms Ronel Beukes Lecturer, Human Nutrition, Stellenbosch University
13h45 - 14h00	Evaluation and thanks	Prof Renè English
14h00-14h10	Inspirational message/poem and closing	Ms Melanie Erasmus
14h10-15h00	Visit trade exhibits/testing/network	



Strengthening the Health and Wellness of Our Communities, Together
Yes, **WE CAN!**