THE SOUTH AFRICAN MEDICAL ASSOCIATION
KZN COASTAL BRANCH AND JUDASA PRESENT:
MENTAL HEALTH WORKSHOP AND INTERN GALA DINNER

21 March 2020 | 07:30am | Venue: Durban (TBC)

PROGRAMME

07:30-08:30  Registration
08:30-08:45  Welcome
08:45-09:00  Brief on Mental Health Workshop
09:00-10:15  Dealing with anxiety, depression and managing stress
10:15-10:45  TEA BREAK
10:45-13:00  Building Resilience, Self-Care & Mindfulness
13:00-14:00  LUNCH BREAK
14:00-15:00  Health, Nutrition & Well-Being for Shift Workers
15:00-16:00  Self-Care Strategies
16:00-17:00  Work life balance
17:00        Closure
18:00-20:00  GALA DINNER

RSVP by Friday 6 March to reserve your seat
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