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

CARING FOR THE CARERS

21 March 2020 | 07:30am | Venue: The Balmoral Hotel
125 O R Tambo Parade, South Beach, Durban, 4000

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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