



WOMEN'S WELLNESS SEMINAR

SATURDAY 9 AUGUST 2025

09H00 - 14H00 @ MEERENDAL

THEME *Selfcare*

"You are a force of nature, a masterpiece in progress, and a woman of strength."

PROGRAMME OUTLINE:

Cost R580

Tickets Include:

- The expert speakers, dedicated to providing interesting, inspiring talks on up to date topics in Woman's Health & Wellness.
- Goodie bag with beautiful pashmina from Ateljee, plus discount vouchers.
- Chocolate from Cocoafair, Chocolatier on Meerendal.
- Coffee, tea, morning snacks and a healthy lunch prepared by Hap-Pea.
- Entry into lucky draw.

Goodie Bags:

Goodie bags contain a beautiful winter scarf from "**Ateljee**" a proudly South African company, who is inspired by the powerful, diverse and fierce women of our beloved South Africa. Scarf valued at R425, plus some extra surprise goodies and discount vouchers on massages, facials, Mani's & Pedi's at the Secret Garden room on Meerendal.

Enter the lucky draw to win one of the following 4 prizes:

1. Personal Aesthetic Facial assessment/consultation with **Dr N van Zyl**
2. InBody Weight assessment with Dietician, **Vanessa McEwan**
3. "Colour – analysis" session with Stylist and Image Consultant, **Rozanne Serdyn**
4. Facial with Specialized Beauty Therapist, **Carla Smit**

Morning Tea & lunch

The food for morning tea and lunch are included and made by **Hap-Pea**, a proudly local Durbanville company dedicated to providing fresh, wholesome meals that celebrate vibrant flavours and healthy living.

Chocolates provided by **Cocoafair** (Chocolatier on Meerendal)

Muse

WOMEN'S WELLNESS SEMINAR PROGRAMME

8h30 Register between 8h30 and 9h00 and get your goodie bag.

9h00 Speaker introduction.

9h15 Woman's Day inspirational talk on Self-Care.
- **Yvonne Anthony**

9h45 Nutritional needs of women across the lifespan. Discussing a healthy diet, nutrients & dietary supplements, weight loss and menopause.
- **Vanessa McEwan, Dietician**

10h15 Personal testimonial - "A powerhouse of transformation; reclaiming my health and vitality in midlife." Sharon talks about her change in diet and lifestyle and weight loss journey.
- **Sharon van Wyk, Social Media Influencer**

10h30 Coffee & Tea break with chocolates by **Cocoafair** and low GI treats made by **Hap- Pea**.

11h00 Smooth skin is calling your name! Let's talk laser hair removal.
- **Carla Smit, Specialized Beauty Therapist**

11h30 Live and laugh, with a beautiful smile and a dose of anti-wrinkle sprinkle! Discussing anti-wrinkle treatments such as Botox®, and Lip fillers for women of all ages with before and after pictures.
- **Dr Nicolette van Zyl, Aesthetic General Practitioner**
with a special interest in Diabetes and Weight management.

12h15 Celebrate woman's day by embracing warmth, style and confidence with timeless winter fashion tips.
- **Rozanne Serdyn , Stylist and Image Consultant**

12h45 Healthy lunch provided by **Hap-Pea**.

13h30 Lucky draw & closing.



1702