



STUDENT WELLNESS SERVICE WELLNESS DRIVE



Introduction

The purpose of the event is to create awareness of holistic well-being to students at the University of Cape Town. This is an annual event that occurs twice a year through a display of different services available to the students. The drive aims to highlight healthy coping mechanisms, lifestyles and activities by inviting different stakeholders to partake in the event.

Objectives

To provide information on physical and mental health services available for students at UCT.

To reduce stigma and discrimination associated with mental illness and HIV/AIDS.

To promote activities that enhance mental, physical, spiritual and social well-being.

To encourage help-seeking behaviour.

Wellness Drive key concepts:



CONNECT

Social interaction is beneficial for humankind because it is how we connect with one another/"it is good for our brain health and promotes a sense of belonging and safety."



BE ACTIVE

Being physical active has proven to have great outcomes for physical and mental health. It improves the mood, quality of life and cognitive functioning of the students.



MINDFULNESS

To create self-awareness of the stressors that the students face daily by paying attention to themselves and what creates their fulfilment.



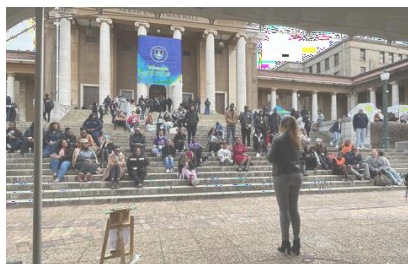
LEARNING

The core functioning and purpose of the students at tertiary education is academic learning and personal development.

WELLNESS DRIVE PROGRAM APRIL 2023

When: Thursday: 20 April 2023, 09h00 - 15h00

Venue: Upper Campus - Sarah Baartman Hall OR Richard Luyt and Molly Blackburn Foyer and the Plaza



Lunchtime Programme:

Hold the space by Dr Memory Muturiki, Director of Student Wellness Service

12h45-13h00	DVC Transformation
13h00-13h15	ED Department of Student Affairs
13h15-13h45	Drumming/ Jazz presentation.
14h00-15h00	Arts and Crafts

When: Friday 21 April 2023, 09h00 - 15h00

Venue: Faculty of Health Sciences - Aadil Moerat and Barnard Fuller Quad/Courtyard

ChillZone Programme on the 20th and 21st April:

09h00- 11h00	Arts and Crafts: Supplies to be purchased
11h00- 12h00	Mindfulness Meditation
12h00- 12h30	Mind Body and Soul Session

UCAN Too Saturday Fun Day

When: Saturday 22 April 2023,
09h00 - 15h00

Venue: UCT Rugby Fields

