



# HEALTH WEEK (EXPO & SEMINAR)

**HOSTED BY KEMPTON PARK CENTRAL SDA CHURCH**

**29 OCTOBER – 04 NOVEMBER 2017**

	<b>HEALTH EXPO</b>	<b>HEALTH SEMINAR</b>	
<b>DATE</b>	29 October 2017	30 October – 04 November 2017	
<b>TIME</b>	09h00 – 16h00	18h00 – 20h00	
<b>ACTIVITIES</b>	<u>Screening:</u> <ul style="list-style-type: none"> <li>- Body mass index (BMI)</li> <li>- Body fat percentage</li> <li>- Body water percentage</li> <li>- Blood pressure (BP)</li> <li>- Blood sugar level</li> <li>- Cholesterol</li> <li>- HIV</li> <li>- Lung capacity</li> <li>- Physical fitness</li> <li>- Health age</li> <li>- Gynaecological issues</li> </ul> <u>Other:</u> <ul style="list-style-type: none"> <li>- Free massage</li> <li>- Health counselling</li> </ul>	<u>Monday</u> Burden of lifestyle diseases  <u>Tuesday</u> Healthy living (NEW START)  <u>Wednesday</u> -Healing with herbs/natural remedies  <u>Thursday</u> Stress & depression  <u>Friday</u> Health & Spirituality  <u>Sabbath</u> Health and mission	Dr. Partington  Dr. Kgomotso Mogagi  Ms Ronel van der Walt  Mr Herman van Staden (TBC)  Mr Senooane  Guest Speakers: Presentation 1: Dr. Mogagi Presentation 2: Dr. Partington Presentation 3: Mr Senooane Presentation 4: Dr. Partington



# **HEALTH & MISSION**

## **SABBATH PROGRAMME**

**DATE: 04 NOVEMBER 2017**

<b>ITEMS</b>	<b>TOPICS</b>	<b>TIME</b>	<b>PERSON/S RESPONSIBLE</b>
Song service		09h15 – 09h30	Choristers
Presentation 1	Practice what you preach	09h30 - 10h10	Dr Mogagi
Presentation 2	Medical missionary work - part 1	10h15 - 11h00	Dr Partington
Song service		11h00 – 11h15	Choristers
Devine service	Health & mission	11h15 - 12h30	Mr Senooane
Lunch			
Song service		15h00-15h10	Choristers
Presentation 3	Medical missionary work - part 2	15h10 - 16h50	Dr Partington
Song service		16h50 – 17h00	Choristers
Vesper	Health & mission	17h00 – 17h30	Mr Senooane