



## SAAFoST KZN Branch Lecture

### *Take control of your precious health*

Knowledge is the tool with which to control ones business and so too ones health. Within all sectors of society there is a huge need for insight and understanding into all health related matters, which would ultimately result in lifestyle changes that are truly sustainable. By investing in your personal wellness, you are taking out a policy on "living" with improved health and quality of life for the years ahead.

The hand of genes one was dealt with when conceived in your mother, plays a definite role in health, but ones overall lifestyle, from birth onwards, has an even more profound effect on health and longevity. All such lifestyle factors will be fully explored, which will include ways in which to keep our immune system functioning in optimal mode, and how to tame our stress levels.

**Speaker:** *Professor Nola Dippenaar*

Completed a BSc and BSc Hons at University of Stellenbosch. Masters in Biochemistry from Cambridge University in the UK. On her return from the UK she commenced with her lecturing career at Medunsa where she completed her PhD working in the field of essential fatty acids and cancer. Appointed professor during this period. Presently the Chair of the SA National Pugwash Group. Main area of research and interest lies in the field of insulin resistance and Metabolic Syndrome.

**Date:**

Thursday 22 May 2014

**Venue:**

Sica's Guest House  
19 Owen Avenue,  
Mayville

**Programme:**

17h00 for 17h30 – arrival, tea and coffee  
17:30 – 18:30 – Welcome, presentation, discussion, closure

**Booking:** Please book through Shobana Naidoo by email: [Shobana.Naidoo@imana.co.za](mailto:Shobana.Naidoo@imana.co.za)

Kind Regards  
SAAFoST Secretariat