



## NAIROBI WELLNESS WEEK PROGRAM

5<sup>th</sup> to 9<sup>th</sup> August 2019

<i>DAY</i>	<i>TIME</i>	<i>TOPIC</i>	<i>FACILITATOR</i>	<i>VENUE</i>
<i>MONDAY</i>	9:00 – 5:00 pm	Health Expo		Great Court
	5:30 – 6:30 pm	Journey through sexual abuse	Faith Gor & Dr. Teresia Mutavi.	Room 405, UoN Towers
	6:30 – 7:00 pm	Launch		Room 405, UoN Towers
<i>TUESDAY</i>	9:00 – 5:00 pm	Health Expo		Great Court
	5:30 – 6:30 pm	Depression and PTSD	Dr. Pauline Ng'ang'a	Room 405, UoN Towers
<i>WEDNESDAY</i>	9:00 – 2:00 pm	Health Expo		Great Court
	2:00 – 5:00 pm	Cancer Prevention and Alternative treatment.	Joshua Ameyia	Great Court
	5:30 – 6:30 pm	Breaking the Chains of Addiction	Benjamin Rundu	Room 405, UoN Towers
<i>THURSDAY</i>	9:00 – 5:00 pm	Health Expo		Great Court
	5:30 – 6:30 pm	From Mouth to Mind	Gladys Ombogi	Room 405, UoN Towers
<i>FRIDAY</i>	9:00 – 5:00 pm	Health and Food Expo		Great Court
	5:30 – 6:30 pm	The Ultimate Counsellor	Faith Gor	Room 405, UoN Towers