



Bloemfontein - Crazy for Walking Public Talks about mental illness 3 - 10 October 2018

Tuesday 18 September 2018	Wednesday 26 September 2018	Sunday 30 September 2018	Wednesday 3 October 2018	Thursday 4 October 2018	Friday 5 October 2018	Saturday 6 October 2018	Sunday 7 October 2018	Monday 8 October 2018	Tuesday 9 October 2018	Wednesday 10 October 2018	Wednesday 17 October 2018
Bloemfontein	Bloemfontein	Frankfort	Town	Town	Town	Town	Town	Town	Bloemfontein	Bloemfontein	Bloemfontein
TBC	TBC	09h00	Time	Time	Time	Time	Time	Time	Time: 09:30	Time: TBC	Time: 12:00
<p><b>Mental health Speaker:</b> s Ina Brämmer</p> <p><b>Topic:</b> Post partem depression</p> <p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Rosepark Hospital</p> <p><b>Address:</b> 57 Gustav Cres. Fichardt Park</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p> <p><b>Hosted by:</b> Bloemcare</p>	<p><b>Mental health Speaker:</b> Dr. Marki Smith</p> <p><b>Topic:</b> Haunting thoughts &amp; feelings</p> <p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Bloemcare Boardroom</p> <p><b>Address:</b> 11 AG Visser street</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p> <p><b>Hosted by:</b> Bloemcare</p>	<p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> NG Church</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p> <p><b>Hosted by:</b> Bloemcare</p>							<p><b>Mental health Speaker:</b> Dr Marki Smith</p> <p><b>Topic:</b> Aware to take Care</p> <p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Open Mind by Pretty Gardens</p> <p><b>Address:</b> 6 Du Plessis Rd, Liph Bln</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p> <p><b>Hosted by:</b> Bloemcare &amp; Innerzone</p>	<p><b>Mental health Speaker:</b> Dr Marki Smith &amp; H Baboyl</p> <p><b>Topic:</b> Mindful walking &amp; Connecting with self and nature</p> <p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Naval Hill Bloemfontein</p> <p><b>Address:</b></p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p> <p><b>Hosted by:</b> Bloemcare &amp; Nurture Health</p>	<p><b>Mental health Speaker:</b> TBC</p> <p><b>Topic:</b> Trauma Mangement &amp; emotional wellness</p> <p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Mediclinic Bloemfontein</p> <p><b>Address:</b> Kellner St &amp; Parftt Street, Westdene</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p> <p><b>Hosted by:</b> Bloemcare</p>

**NOTE ALL 9 Oct J. RADIO TALK**

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TBC	TBC	09h00	Time	Time	Time	Time	Time:	Time: 9:30 - 12:00	Time: tbc	Time: 08:30	Time: 12:00
<p><b>Topic:</b> Happiness HELPS</p> <p><b>Address:</b> 57 Gustav Cres. Fichardt Park</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p>	<p><b>Mental health Speaker:</b> Dr. Marki Smith</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Address:</b> 11 AG Visser street</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p>	<p><b>Topic:</b> Happiness HELPS</p> <p><b>Contact:</b> Suzane Wille 079 622 7535 suzane@crazyforwalking.co.za</p>				<p><b>NB: Fun Walk form Church to Corona</b></p> <p><b>Mental wellness Speaker:</b> Maria Venter Social Worker Lorind Steenkamp OT <b>KB Molokeng</b> Registered Councillor</p> <p><b>Topic:</b> Destigmatisasie van Mental illness</p> <p><b>Venue:</b> Anglican Church Bahlakong</p> <p><b>Address:</b></p> <p><b>Contact:</b> Maria Venter 082 927 6175</p> <p><b>Hosted by:</b> Nurture Health</p>		<p><b>Mental health Speaker:</b> Radio Meduli</p> <p><b>Topic:</b> Destigmatisering</p> <p><b>Mental wellness Speaker:</b> Verskeie persone van Corona se multi-professionele span Ook 'n voormalige pasiënt</p> <p><b>Address:</b></p> <p><b>Hosted by:</b> Nurture Health Corona Bethlehem</p>	<p><b>Mental wellness Speaker:</b> Elita Jacobs</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> UFS North College House Commiles</p> <p><b>Address:</b> University Road, Park west</p> <p><b>Contact:</b> Francis Mouton 083 456 6078</p> <p><b>Hosted by:</b> Nurture Health</p>	<p><b>Mental wellness Speaker:</b> Suzane Wille</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Naval Hill Bloemfontein</p> <p><b>Contact:</b> Suzane Wille <a href="mailto:suzane@crazyforwalking.co.za">suzane@crazyforwalking.co.za</a></p> <p><b>Hosted by:</b> Bloemcare &amp; Nurture Health</p>	

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Time: 10:00	Time: 11:00	Time: tbc
<p><b>Mental wellness Speaker:</b> Elita Jacobs</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Clif Hotel School</p> <p><b>Address:</b> 20 Pres Brand Street Bln</p> <p><b>Contact:</b> Francis Mouton 083 456 6078</p> <p><b>Hosted by:</b> Nurture Health</p>	<p><b>Mental wellness Speaker:</b> Annie Fourie</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> Clif Bloemfontein Somnologie Department</p> <p><b>Address:</b> 20 Pres Brand Street Bln</p> <p><b>Contact:</b> Francis Mouton 083 456 6078</p> <p><b>Hosted by:</b> Nurture Health</p>	<p><b>Mental wellness Speaker:</b> Annie Fourie</p> <p><b>Topic:</b> Happiness HELPS</p> <p><b>Venue:</b> UFS North College House Commiles</p> <p><b>Address:</b> University Road, Park west</p> <p><b>Contact:</b> Francis Mouton 083 456 6078</p> <p><b>Hosted by:</b> Nurture Health</p>