

# Optimising your Health, Wellness and Performance

MBAWC in conjunction with Shelly Meltzer & Associates, Sleep Science UCT and Performing Mind, SSISA invite you to attend a Webinar addressing the subject of optimising your health and wellness and how this impacts on your performance.



Shelly Meltzer



Clinton Gahwiler



Dr Dale Rae (PhD)

*Presented by:*

**Shelly Meltzer**, Shelly Meltzer & Associates

**Clinton Gahwiler**, Performing Mind, SSISA

**Dr Dale Rae**, Sleep Science, UCT

**Date** : 28th October 2020  
**Via** : ZOOM – click [HERE](#)  
**Time** : 11h00  
**Cost** : **Free of charge**

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South African Institute of  
Occupational Safety and Health  
**Verified - 1 CPD Point**

## About this Webinar

Being the best version of yourself in terms of health, wellness and workplace performance requires attention to detail in a number of areas of your life. Diet, psychology and sleep interact in so many ways, and it is our experience that an approach which addresses all three areas simultaneously has the best chance of putting you on a trajectory to optimise your health, wellness and performance. Click [HERE](#) for more information.