



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.



Presented by:

Shelly Meltzer, Shelly Meltzer & Associates

Clinton Gahwiler, Performing Mind, SSISA

Dr Dale Rae, Sleep Science, UCT

Shelly Meltzer

Clinton Gahwiler

Dr Dale Rae (PhD)

Date : 28th October 2020

Via : ZOOM – click [HERE](#)

Time : 11h00

Cost : Free of charge

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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.