



SAWFA Central Workshop Notice

Date: Friday, 6 March 2020

Venue:

Bibi Ameen's place (122 Albatross St., Lenasia)

Lecture:

"Shoulder Injuries and Benefits of Aqua in Shoulder Injury Recovery"

Lecture by Ziyaad Valley, Physiotherapist

Cost (includes light lunch):

- SAWFA Members = R280.00*
- Associate Members = R 380.00*
- Non-SAWFA Members = R400.00*

Credits: 3 CEC's

Bookings: Heather Summers, hsummers@mweb.co.za

Payment and booking deadline:

2 March at 17h00

**Please wear swimming costumes to the venue to ensure a timeous start with the Pool Sessions.*

AGENDA:

8:00 - 8:15

Registration

8:15 - 9:00

Pool Session 1

9:00 - 9:45

Pool Session 2

9:45 - 10:00

*Change from costumes /
Coffee & Tea*

10:00 - 11:30

*Lecture: "Shoulder Injuries
and Benefits of Aqua in
Shoulder Injury Recovery"
by Sayyad Valley*

11:30 - 12:30

Lunch

Program subject to change