

## JOHANNESBURG DATES 2019 SELF-CARE AND WELLNESS

We have 3 options for courses for Midrand - Friday evening and Saturday, OR Tuesday morning every week. If you would like the morning schedule please enquire. We also have an intensive option for those coming from out of town. Please enquire.

### WEEKEND DATES

KINESIOLOGY COLLEGE OF SA - 48 NEPTUNE AVE CROWTHORNE, MIDRAND.			
SELF-CARE (BKP 101) AND WELLNESS (BKP 102-105)			
Month	Friday PM 6:00 - 9:00	Saturday 9:00 - 5:00	Unit
February 1 & 2	6:00PM -9:00PM	9:00AM - 5:00pm	BKP101
March 1 & 2	6:00PM -9:00PM	9:00AM - 5:00pm	BKP102
April 5 & 6	6:00PM -9:00PM	9:00AM - 5:00pm	BKP 103
May 31 & Jun 1	6:00PM -9:00PM	9:00AM - 5:00pm	BKP 104
July 27		9:00AM - 5:00pm	Integration
August 16 & 17	6:00PM -9:00PM	9:00AM - 5:00pm	BKP 105

Venue; The course takes place in Crowthorne, Midrand

Costs; Please go here <https://kinesiologysouthafrica.co.za/> and click on **Contact** to receive an enrolment form with all information and costs.

The cost for Self-Care is R2400

The cost for Self-care and Wellness is from R11400 to R12000 depending on your payment plan.