

Date	Theme	Presenter
20 Feb.	Resisting the diet culture.	Dr. Jo Viljoen
27 Feb.	Intuitive eating	Dr. Jo Viljoen & Xenia Ayotia
5 March	Art: The many faces of colour.	Karin van der Merwe
12 March	Art: What's in a face?	Karin van der Merwe
19 March	Art: "Sparkling moments"	Karin van der Merwe
16 April	Pastoral care as Contemplative Journey.	Dr. Francois Wessels
23 April	Pastoral care as Contemplative Journey.	Dr. Francois Wessels
30 April	Pastoral care as Contemplative Journey.	Dr. Francois Wessels
14 May	When trauma therapy leave's it's footprints: triggers and compassion fatigue.	Essie Raath
28 May	An interview with the human body: Listening from within - creating safe spaces our bodies yearn for.	Essie Raath
16 July	Enlightened Ageing	Erika Marais
23 July		
30 July		
13 August	The symphony of life.	Liezel Fulls
20 August		
27 August		
20 Sept.		
15 Oct.		
22 Oct.		
29 Oct.		
12 Nov.		