



# COLAB HEALTH

Dr Mignon Hamman MBChB (Pret)

PRESENTS:

EVERYONE NEEDS TO

# SLEEP

Come join us for an educational evening about all things sleep

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Speakers:

Dr Mignon Hamman (General practitioner)

Rentia Lombard (Dietitian)

Danielle de Pinho (Biokineticist)

Dr Karen van Niekerk (Psychologist)

DAY	TIME	
24 NOV	18:30	Sunwood Park, Unit 5B 379 Queens Crescent, Lynnwood

Limited seats. Book before 14 Nov at  
0662727488 or [reception@colabhealth.co.za](mailto:reception@colabhealth.co.za)