

Teachers
health week

caring for you



CONSULTATIONS:

Consultation	Day	Hours	Length of appointment
Your eye check	Monday - Friday	08:30 - 16:00	15-20 mins
Your spinal check	Thursday	09:30 - 16:00	10-15 mins
Your hearing check	Wednesday	12:00 - 16:00	10-15 mins
Your diabetes risk check	Monday – Friday	09:00 - 16:00	No appointment- drop in
Your cardio check	Tuesday	12:00 - 16:00	30min
Your kinesiology appointment	Monday Wednesday	13:00 - 16:00 13:00 - 16:00	No appointment - drop in No appointment - drop in
Your reflexology appointment	Wednesday	09:00 - 16:00	30min
Your chat with an personal organiser	Monday	13:00 - 14:00	No appointment - drop in
Your chat with a stylist	Tuesday	13:00 - 14:00	No appointment - drop in

The number of consultations available is **strictly limited**.

Members can register interest for these as part of your online registration.

Your appointment times will be available at the registration desk at the reTREAT on the day of the consultation.

Non-members can check for any vacant times available on the day.