



MAY

FEMINA  
WELLNESS

2026

# MONTHLY NEWSLETTER

## Blood Flow & Viscosity

**This May, Femina Wellness is diving into the science of blood quality. If your blood is too thick, your heart has to work double-time to pump it through your vessels, slowing down circulation and leaving you feeling drained.**

We are examining the "sludge factor"—specifically measuring Blood Viscosity, Cholesterol Crystals, and Blood Fat. High viscosity is often a hidden culprit behind chronic fatigue and poor nutrient delivery to your cells.

### The Nattokinase Approach

If your Bio Resonance scan flags high viscosity, alternative medicine offers a powerful ally: Nattokinase, an enzyme

derived from the Japanese fermented soybean dish Natto.

Nattokinase is famous for its fibrinolytic properties, actively breaking down the fibrin that causes "stickiness." It naturally lowers blood viscosity and helps the body efficiently clear arterial debris, keeping your blood in peak condition.

### Actionable Insights

**Bioscan:** book your scan with us to check your cardiovascular health.

**Hydrate:** Keep blood thin with proper water intake, include some celtic salt.

**Boost Omega-3s:** Improve circulatory efficiency with high-quality fish oil.

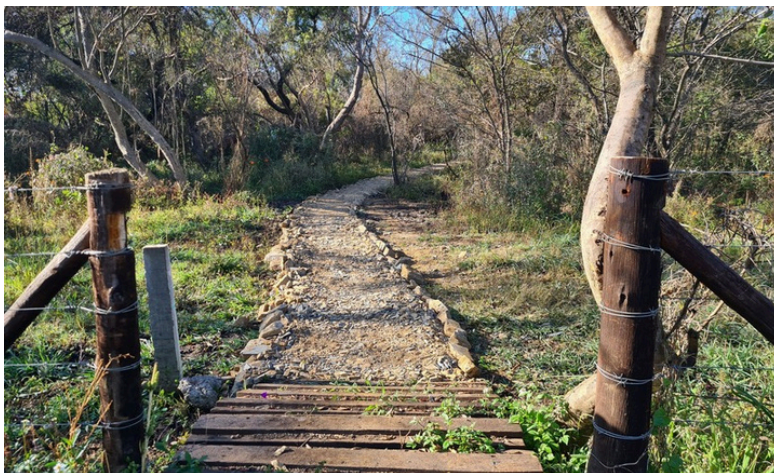
**Nattokinase:** Ensure smoother blood flow.

WhatsApp for more Information on our Wellness Programs  
+27 79 021 4734



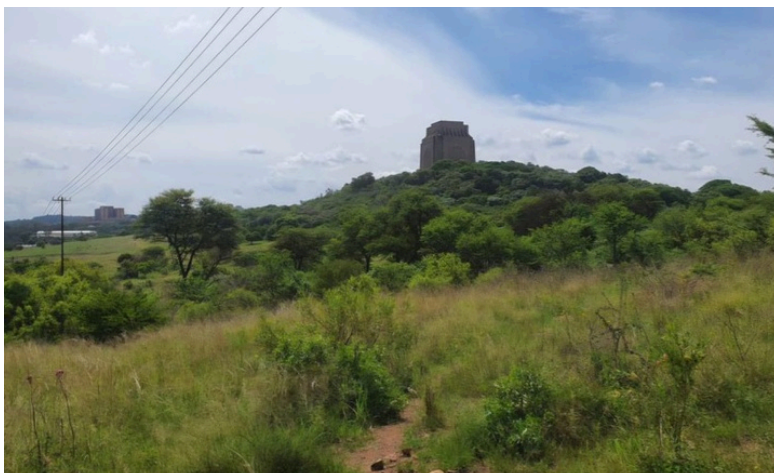
# Pta Walks

## Saturday Nature Walks



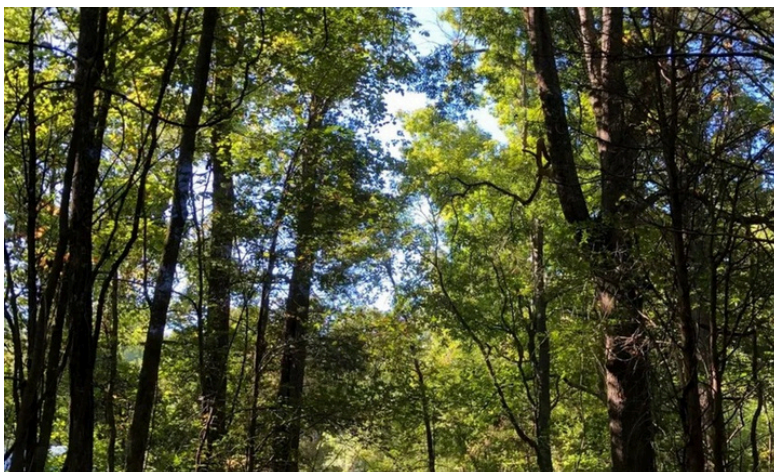
**02 MAY 2026**

**Hazeldean Valley Trail**  
**Time:** 08:00  
**Address:** Hazeldean, Corner of Ridge and Oukraal, Pretoria, 0081  
**Cost:** R50  
**Coffee:** Hazeldean Brewing Company  
[More Info](#)



**09 MAY 2026**

**Voortrekker Monument Trail**  
**Time:** 08:00  
**Address:** Monument St, Groenkloof 358-Jr, Pretoria, 0027  
**Cost:** R50  
**Coffee:** Uitspan Restaurant  
[More Info](#)



**16 MAY 2026**

**The Big Red Barn Trail**  
**Time:** 08:00  
**Address:** 7 Nelson Rd, Irene, Centurion, 0123  
**Cost:** R40  
**Coffee:** Le Bon Goût Café  
[More Info](#)



# Pta Walks

## Saturday Nature Walks



**23 MAY 2026**

### Rietvlei Dam Nature Reserve

**Time:** 08:00

**Address:** Unnamed Road,  
Rietvlei 377-Jr, Pretoria, 0181

**Cost:** R127

**Coffee:** The Daily Coffee Café

[More Info](#)



**30 MAY 2026**

### Somabula Nature Reserve

**Time:** 08:00

**Address:** Address: Off, R515,  
Cullinan, 1000

**Cost:** R80

**Coffee:** Harrie's Pancakes

[More Info](#)

## Meet Our Nature Walk Ambassadors!



**Coleen**



**Irene**



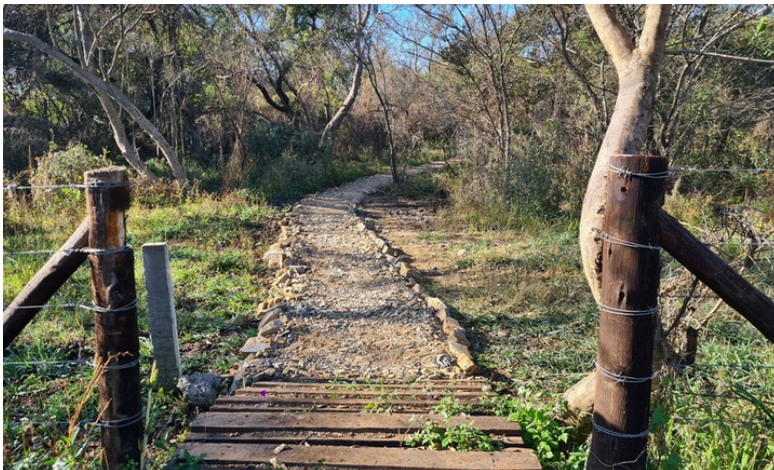
**Arinao**

### Meet Our Nature Walk Ambassadors!

Colleen Irene & Arinao, thank you so much for volunteering your time and enthusiasm to lead our Nature Walks on Saturdays!

# Pta Walks

## Sunday Nature Walks



**03 MAY 2026**

### Hazeldean Valley Trails

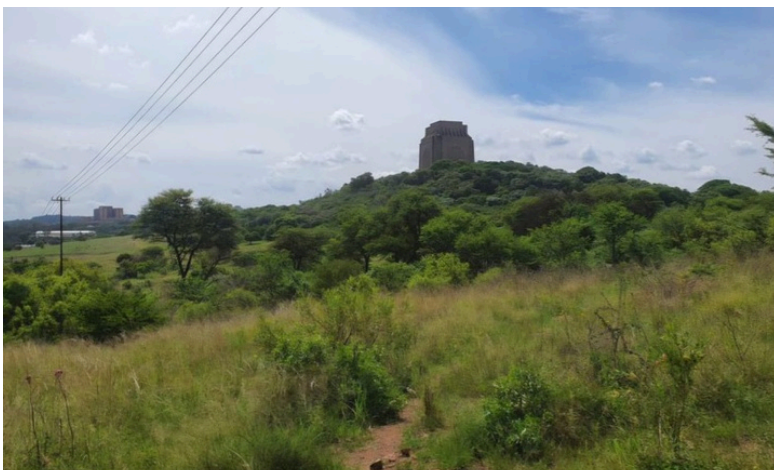
**Time:** 08:00

**Address:** Hazeldean, Corner of Ridge and Oukraal, Pretoria, 0081

**Cost:** R50

**Coffee:** Hazeldean Brewing Company

[More Info](#)



**10 MAY 2026**

### Voortrekker Monument Trail

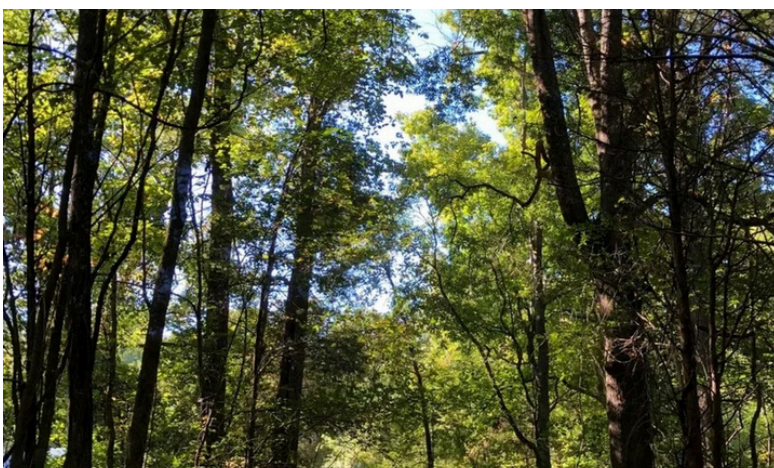
**Time:** 08:00

**Address:** Monument St, Groenkloof 358-Jr, Pretoria, 0027

**Cost:** R50

**Coffee:** Uitspan Restaurant

[More Info](#)



**17 MAY 2026**

### The Big Red Barn Trail

**Time:** 08:00

**Address:** 7 Nelson Rd, Irene, Centurion, 0123

**Cost:** R40

**Coffee:** Le Bon Goût Café

[More Info](#)

# Pta Walks

## Sunday Nature Walks



24 MAY 2026

### Rietvlei Dam Nature Reserve

**Time:** 08:00

**Address:** Unnamed Road,  
Rietvlei 377-Jr, Pretoria, 0181

**Cost:** R127

**Coffee:** The Daily Coffee Café

[More Info](#)



31 MAY 2026

### Somabula Nature Reserve

**Time:** 08:00

**Address:** Address: Off, R515,  
Cullinan, 1000

**Cost:** R80

**Coffee:** Harrie's Pancakes

[More Info](#)

## Meet Our Nature Walk Ambassadors!



Rene



Laura



Yolandi

### Meet Our Nature Walk Ambassadors!

Rene, Laura and Yolandi, thank you so much for volunteering your time and enthusiasm to lead our Nature Walks on Sundays!



# Jhb Walks

## Sunday Nature Walks



**03 MAY 2026**

### Segwati Trails Harties

**Time:** 08:00

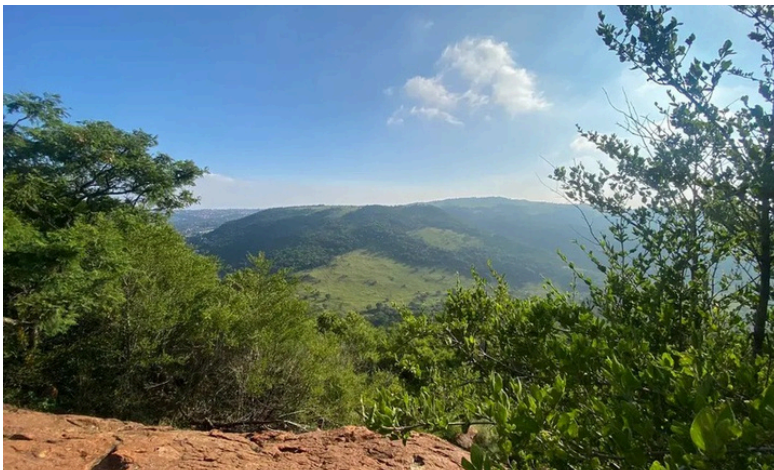
**Address:** PR001, R400

Hartbeeshoek Rd, Hartebeesthoek,  
Hartbeespoort, 0216

**Cost:** R80

**Coffee:** Eagles Fare Restaurant

[More Info](#)



**10 MAY 2026**

### De Wildt Adventure Trails

**Time:** 08:00

**Address:** R513 Yellow board no.  
78E Farm Schietfontein Portion  
19 JQ437 Schietfontein, 0251

**Cost:** R180

**Picnic:** On Sight - Bring Snacks

[More Info](#)



**17 MAY 2026**

### Aasvoëlbad Hiking Trail

**Time:** 08:00

**Address:** G34G, R104 Bokfontein  
Bokfontein, Brits, 0250

**Cost:** R180

**Coffee:** The Crust Country  
Garden

[More Info](#)

# Jhb Walks

## Club Nature Walks



**24 MAY 2026**

### Delta Park Parkrun

**Time:** 08:00

**Address:** 9 Nola Cir,  
Blairgowrie, Randburg, 2194

**Cost:** Free

**Coffee:** Fresh Earth Food Store

[More Info](#)



**31 MAY 2026**

### Hennops Hiking Trail

**Time:** 08:00

**Address:** Hennops River Valley,  
Road R511 between Diepsloot and  
Hartbeespoortdam, Pretoria, 0002

**Cost:** R90

**Picnic:** On Sight - Bring Snacks

[More Info](#)

## Meet Our Nature Walk Ambassadors!



Lynda



Candice



Magugu

### Meet Our Nature Walk Ambassadors!

Lynda, Candice & Magugu, thank you so much for volunteering your time and enthusiasm to lead our Nature Walks on Sundays!

# Meet Up

## Ladies 40+ Club



### Benefits

Focus on specific health topics to enhance your well-being and gain targeted knowledge.

Opportunity to do the Bio Scan at discounted rates for personalized health insights.

Make friends and connect with other members of the club for support and motivation.

Learn about alternative health care options to enrich your wellness journey.

**02 MAY 2026**

### Johannesburg Members

**Venue:** Paputzis

**Time:** 15:00

**Address:** Address: 69 4th Ave, Linden, Randburg, 2104 0184

[More Info](#)

**09 MAY 2026**

### Pretoria Members

**Venue:** Afro-Boer®

**Time:** 15:00

**Address:** 1 Meerlust Rd, Equestria, Pretoria, 0050

[More Info](#)

**16 MAY 2026**

### Centurion Members

**Venue:** Irene Farm

**Time:** 15:00

**Address:** Nellmapius Rd, Irene, Centurion, 0062

[More Info](#)

# Network

## Wellness Business Network



### Benefits

Be part of a community of like-minded entrepreneurs focused on mutual growth and idea-sharing.

Increase visibility and attract more clients through impactful marketing initiatives and events.

Promoting natural healing, holistic health, and wellness education within your community.

Gain access to showcase opportunities, collaborative projects, and ongoing support to help your business.

04 MAY 2026

### Johannesburg

**Venue:** Pâtisserie de Paris

**Time:** 10:00

**Address:** 9 Mackay Ave,  
Blairgowrie, Johannesburg,  
2194

[More Info](#)

11 MAY 2026

### Centurion

**Venue:** Die Kweekhuis

**Time:** 11:00

**Address:** Rockfields Village,  
Corner Tshiomate Close,  
Lenchen Ave, Rooihuiskraal  
North, Centurion, 0157

[More Info](#)

18 MAY 2026

### Pretoria

**Venue:** Karoo Cafe'

**Time:** 11:00

**Address:** Address: 141  
Lynnwood Rd &, Albeth St, The  
Willows 340-Jr, Pretoria, 0081

[More Info](#)



# Webinar

## Wellness Business Network



### Benefits

Be part of a community of like-minded entrepreneurs focused on mutual growth and idea-sharing.

Increase visibility and attract more clients through impactful marketing initiatives and events.

Promoting natural healing, holistic health, and wellness education within your community.

Gain access to showcase opportunities, collaborative projects, and ongoing support to help your business.

**25 MAY 2026**

**Gauteng**

**Venue:** Online Meeting

**Time:** 11:00

**Agenda:** Alternative & Complementary Wellness Suppliers

[More Info](#)



# Workshops

## Ladies Hiking Workshops



### Benefits

**Meet Our Ambassadors:** Connect with our experienced club leaders and hear firsthand stories from the trail.

**Women-Centric Hikes:** Get a clear overview of what to expect on our trails, specifically designed for women's safety and comfort.

**Expert Gear Guidance:** Learn how to select the right equipment with a hands-on look at Decathlon's essential hiking range.

**Exclusive 10% Discount:** Receive a 10% voucher at the workshop to help you gear up with high-quality essentials for less.

**20 MAY 2026**

#### **Bryanston Store**

**Target Audience:** Retired/Non-working Women

**Time:** 10:30

**Address:** Decathlon Building, Wedgewood Link Rd, Bryanston, 2191

[More Info](#)

**13 JUNE 2026**

#### **Centurion Store**

**Target Audience:** Working Women

**Time:** 10:30

**Address:** Castanet St, Brakfontein 399-Jr, Centurion, 0157

[More Info](#)

**15 JULY 2026**

#### **Centurion Store**

**Target Audience:** Retired/Non-working Women

**Time:** 10:30

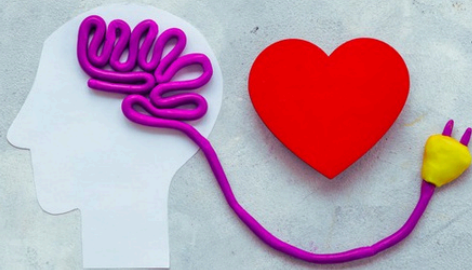
**Address:** Castanet St, Brakfontein 399-Jr, Centurion, 0157

[More Info](#)

# Wellness

## Club Wellness Days

### Emotional Intelligence



**23 MAY 2026**

#### EMOTIONAL INTELLIGENCE WELLNESS WORKSHOP

**Venue:** MeSaw Studio

**Time:** 10:00

**Address:** 250 Piet Hugo St,  
Wierdapark, Centurion, 0157

[Website link](#)

[More Info](#)

**25 JULY 2026**

#### SPA WELLNESS DAY

More information to follow  
soon.

[Website Link](#)



**12 SEPTEMBER 2026**

#### FINANCIAL WELLNESS WORKSHOP

More information to follow  
soon.

[Website Link](#)



# Fun Outings

## Club Outings



**27 JUNE 2026**

### CLAY PAINTING CRAFT

More information to follow soon.

[Website Link](#)



**8 AUGUST 2026**

### HARTIES SUN SET CRUISE ADVENTURE

More information to follow soon.

[Website Link](#)



**10 OCTOBER 2026**

### CAKE DECORATING CRAFT

More information to follow soon.

[Website Link](#)



# Getaway

## ATKV Buffelspoort



### Why join us

Make new friends and discover your community in a supportive and friendly environment.

Shared accommodation makes the getaway more affordable for everyone.

Prepare meals together and build team spirit through collaborative activities.

Carpool and travel together to share the adventure and create lasting memories.

**29 MAY 2026**

**ATKV Buffelspoort**

**R104, Rustenburg, 0284**

**Map Location**

**R1,980 per person**

- Shared accommodation 2 nights
- Brunch & Dinner included

**Book Here**

# Holiday

## Zanzibar, Tanzania



### Why join us

Take advantage of a group discount with an all-inclusive package for a hassle-free holiday.

Enjoy return flights from Johannesburg with convenient airport transfer included.

Stay 7 nights at the luxurious 5-star Riu Palace for a truly memorable experience.

Have holiday fun and connect with like-minded women in a vibrant, inspiring setting.

### AUGUST 2026

#### 5 Star Riu Palace

Nungwi Rd, Nungwi, North Coast Zanzibar 73107, Tanzania

<https://maps.app.goo.gl/vQKCz8Wj5yHtaM8L8>

**R39,000** per person

- 7 Nights Sharing
- All-Inclusive Package
- Return Flights

[More Info](#)