

Cuban doctor preaches all things health and spirituality

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28/07/2017



The [City of Johannesburg](#) recently organised a [Wellness Workshop](#) at the Diepkloof Welfare Centre.

A spiritual motivator and a doctor all the way from Cuba came to teach the residents about living a balanced and fulfilling a lifestyle without any unnecessary health issues.

The Cuban doctor also went to donate 67 minutes of his time and taught people about nutrition and healthy living and how it lengthens lifespan and can uplift and elevate joy.

Another local doctor Patrick Mpoyi gave people lessons about Dementia, Alzheimer and exercising.

Mpoyi said, “People should eat well daily and always try to eat a fruit with every meal balanced with good exercise.”

Margaret Kwena of CoJ was with Nomasonto Mlotshwa to lead the workshop that was graced by Lynnette Van Rooyen of hashtag Africa-At-Work.

Van Rooyen explained how a good spiritual life can improve people's health.

Melusi Khumalo who studied medicine in Cuba went to the Welfare Centre to preserve the cause of the late [Nelson Mandela](#) by taking out 67 minutes of his time to help people get the knowledge and information that could make a positive impact in their lives and maybe elongate their lifespans.

Khumalo said, "We have to unite and work collectively to live happy lives because happiness breeds health.

"Lucy Madupe from the area heard about the workshop while visiting her doctor and went to it, she said, "I have learned a lot and the information I got from here can help me take a bit of control over my health and lifestyle."

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