



The 2014 Employee Wellness Day started with a 10km marathon and 5km fun walk to Kaizer Sebothelo stadium. This was followed by other activities, including aerobics and volleyball.



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MMM employees celebrate Wellness Day

Mangaung Metro celebrated its 9th year Wellness Day on the 31st October 2014 at Kaizer Sebothelo Stadium under the theme “20 years of Democracy - 20 years of Wellbeing”.

Just over 800 employees from three regions were in attendance and participated in an array of sporting activities starting with 10 km marathon and 5 km fun walk. The following activities took place

at the stadium: aerobics, volleyball, netball, soccer and foam splash. Mangaung Chorale entertained with their beautiful voices, while health screenings for Cancer, Diabetes, HIV, TB, Blood Pressure, Cholesterol were also conducted by Department of Health and CANSA.

The programme of the day was made possible by sponsorship from Liberty, Old Mutual, LA Health, SAMWUMED, Sanlam, and Capitec. The Department of Economic Development Tourism and

Environmental Affairs and Master of High Court were also present to share information with employees.

Recognising that emotional and mental health are as important as physical welfare, Pastor Karede provided a motivational talk by challenging employees not to allow themselves to be defined by others but to know their purpose of living.

Wellness Programme Coordinator, Mr. Gaongalelwe Makhetha said employees must take their wellbeing

seriously by effectively engaging in physical activities. Amongst other things that contribute towards absenteeism at work is ill-health and lack of physical training.

He added that Wellness will be starting with Divisional Leagues to encourage every employee to take part in employee sport.

The day ended with an award ceremony rewarding employees who did exceptionally well in the various sporting codes.



MANGAUNG NEWS UPDATE

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