

Employee Wellness Day

2018

One day can change your whole life



Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity

World Health Organization



Get inspired by the various service providers in attendance by getting a medical test; visiting the optometrist, finding out more about your physical and financial wellness; getting a massage.

See it and experience it.

Date: 19th October 2018

Venue: Parking Area / Service Corridor

Time: 09h00

PROGRAMME

08h45 – 09h00	Arrival and Networking
09h00 – 09h05	Opening - Director
09h15 – 09h50	Fun run / walk
	5 a side soccer
10h00 – 10h30	Zumba demonstration
	Workplace Wellness
	“So take a short left and pull in to see many more”
13h00 – 13h45	Lunch
14h00 – 14h30	Quiz