

# COGHSTA PROMOTES A HEALTHIER AND A VIBRANT WORKFORCE



CoGHSTA employees attending the Health Talks session held on Tuesday, 11 September 2018 at Tiveka Lodge.



HOD Ngaka Dumalisile addressing employees who attended the Health Talks Session

The Limpopo Department of Co-operative Governance, Human Settlements and Traditional Affairs (CoGHSTA) is committed about the wellbeing of its employees. This is evident by several workshops hosted by the Department this year which seek to create awareness about opportunistic illnesses that can easily be preventable as well as the promotion of health and wellbeing of employees. One such workshop is the Health Talks hosted on Tuesday, 11 September 2018 at Tiveka Lodge in Polokwane. On the day, employees were educated and informed on issues pertaining to good health. The interactive workshop was attended by over 200 CoGHSTA employees. There were presentations on Mental Health, Management of Medical Aid, Financial Literacy and Lifestyle Management. HOD Ngaka Dumalisile said the Health Talks are important to sustain a vibrant workforce. Dumalisile encouraged employees to be health conscious and balance their personal and work lifestyles. An imbalance between the two, creates health challenges, "Healthy employees are productive employees" she emphasised. Speaking during the session, the Chief Director: Strategic Human Resources Management, Mr Mahlatse Matlala said the workshop is very important and encouraged employees to take the information given seriously. He also encouraged employees to make use of the Sports Day, Wellness Day and Health Checks. "The Department can only do so much. It also remains your responsibility to meet the Department halfway. One can look at a day like Wednesday which was declared Sports Day. Most employees instead of making use of the opportunity for physical training, they choose to go home".