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Enq: Ramasuvha SSM

Attention: ALL MEDIA HOUSES

The Department of Co-operative Governance, Human Settlements & Traditional Affairs (CoGHSTA) will be celebrating Wellness Day to be held on the 25th of November 2015 at the Old Peter Mokaba Stadium. Wellness day is an Annual Departmental Event meant to empower staff and make them aware of any health or wellness issues they may have, preventing future illness. Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. A healthy lifestyle begins with the total person i.e., a state of complete balance of physical, mental, emotional, social and spiritual well-being. On the day, lots of activities that will take place include amongst others indigenous games and health screening with regard to diabetes, cholesterol, blood pressure, glucose and body weight, height and eyes.

Venue : Old Peter Mokaba Stadium
Time : 10:00

Issued by the Department of Co-operative Governance, Human Settlements & Traditional Affairs (CoGHSTA) - the winner of the 2015 PMR Awards for the best Department in accelerating service delivery and the Department that offers outstanding customer service to the public.

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