



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

19/06/2015

SPORTS AND WELLNESS DAY SPECIAL
EDITION

Gamaletu News Reloaded

FUN WALK – THE KICK START OF THE DAY



LET THE PICTURES TELL THE STORY



SERVICE PROVIDERS AND SUPPORTERS



The event was attended by these three service providers who made sure that our day was a success by providing the institution with different kinds of activities and services.

CAPITEC BANK: They made sure that they kept the fire burning by bringing their own equipment for entertainment and games. They also provided the participants with Prizes. There was also competition time of which the final draw winners were Dr. Cele and E.N Cele.

OLD MUTUAL- Signed up new members, informed people about their services, updated their existing client's information.

GEMS: Handed out information , signed up new members, vital signs , body massage and HIV testing and Counselling.

AEROBICS-TAEBO



NETBALL CORNER



THE PURPLE TEAM



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THE WINNING TEAM →

THE SOCCER STARS



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THE BLUE TEAM



GAMALAKHE CHC TEAM

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GAMALAKHE SAPS TEAM

This was a very exciting day for every one who took part in the sports as well as the Gamalakhe CHC staff members who attended the event. Among the people who visited us were the Gamalakhe SAPS which were also our opponents in some of the games played (Soccer and Tug-of-war). These were very interesting games as the Gamalakhe CHC Soccer Team was beaten with a penalty shoot by the SAPS. On the other side of the field in the Tug-of-war the Gamalakhe CHC guys gave the SAPS a thorough beat down two times in a row, now that is what we call Tough Competition.

*TUG-OF-WAR
GAM CHC vs GAM SAPS*

SPONSORED BY CAPITEC BANK



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**THE WINNERS..
GAMALAKHE
CHC**



LADIES TUG-OF-WAR
RED vs BLUE



The Red team preparing for their next round, while Dr. Luke and Mr. Kunene update each other on about the other activities that are about to take place....(courtesy and Information)



ATHLETICS

100 M Relay Male winners

- 1st- Shona Phansi Team (Elton)
- 2nd- The Rock Team (Bongumusa)
- 3rd- Party More Team (Mr. Mzobe)



100 M Relay Female Winners

- 1st- Vee Team (Miss J)
- 2nd-Dee Team (Sr. Sikhondo)
- 3rd-The A Team (Nonhle)



THE RACE CONTINUES

*LADIES
MANTOMBAZANA*



ON YOUR MARKS, READY...GOOOOOO!!!



PLUS SIZE LADIES & GENTS



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AWARDS & TROPHIES

Dr. Luke (Acting CEO) and Mrs. Khuboni handed out trophies and Awards to the participants who have won. He also thanked everyone for taking part and giving their all. " it is an honor and a privilege to have been supported by so many people and it is also humbling that the Police Services took us up on the challenge so that we could beat them up, said Dr. Luke...joking of-course (beating part).



100 M Race Females	100 M Males	Plus Size Female 100 M	Plus Size male 100 M	SHOE LACE RACE
No.1: BB Disane	No.1: Elton	No.1 N. Madunjwa	No.1 Mr. Mkhize	1. Happy & Nuh
No.2: N Makhaye	No.2: Bongumusa	No.2 Mlobeli	No.2 Mr. Danca	2. Amanda & Zanele
No.3: Miss J	No.3: Mtolo, Ncasa & Mr. Kunene	No.3 Sr. Vutela		3. Nosipho & Disane




← *Enthusiasm and Bliss!*

VOTE OF THANKS

The day was a success, a special thanks to Gamalakhe CHC Personnel for their dedication and commitment. To the Wellness Committee, thank you for allowing us the opportunity to exercise and nurture our bodies by promoting a healthy lifestyle and wellness. To the H.R Team thank you for making sure no one went home hungry. As mentioned before in the Publication the CEO expressed his gratitude to the SAPS and our Service Providers.

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