



health

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PROVINCE OF KWAZULU-NATAL

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29 MAY 2015

GJ CROOKES HOSPITAL  
WELLNESS DAY 2015  
WOZ'ODLALA



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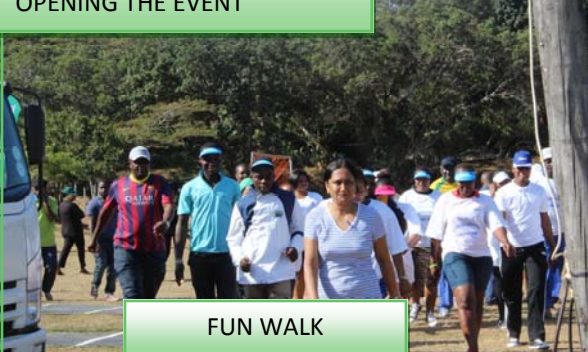
On the 29th of May 2015 GJ Crookes Hospital held its annual Wellness Day Event. The aim of the event is to promote healthy lifestyles to both workers and community. Activities for the day were Aerobics, Egg race and Fun Walk. All of these activities were aimed at inducing healthy lifestyles to staff, and by doing so they can reduce chances of suffering from illnesses like diabetes etc.



DR M RAGUNANDAN MEDICAL MANAGER  
OPENING THE EVENT



AEROBICS



FUN WALK



SOCCER GAMES



EGG & SPOON RACE



NETBALL GAMES



ENTERTAINMENT

The day started of with Dr. Rahunandan giving a speech on what the day is about and why it is important to look after ones health at this day and age. To kick start the event everybody was required to do dome aerobics which entailed stretching. The fun walk followed where everybody participated going one lap around the ground. The games commenced with vari-ous teams that were invited. Turton CHC played against Dunstan Farrel and won by 6-0, Gamalakhe CHC played against GJ Crookes Hospital and drew by 01 - 01, GJ Crookes vs Dunstan 3-0, Gamalakhe played against Turton and had draws n by 0-0. The last game was between Gamalakhe—3 and Dunstan Farrel—0. Turton came out number 1 and Gamalakhe and GJ Crookes both held the second position.

Following the soccer games was the egg and spoon challenge. The girls also started with Netball. GJ Crookes had a dra-matic win, defeating Dunstan Farrel by 21-3 shots. Next was Gugulesizwe High School beating GJ Crookes by 18 - 11. Unfor-tunately Dunstan Farrel could not play the second game, and so by merit GJ Crookes Netball team came out on the top taking the number one position, Gugulesizwe High School came out second and Dunstan Farrel took a 3rd position

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SPORTS CORNER



TURTON CHC. WELLNESS CHAMPIONS 2015



GAMALAKHE CHC 2ND POSITION

FIXTURES & SCORES

<u>SOCCER GAMES</u>	P	W	L	D	GF	GA	GD	Pts
TURTON	3	1	0	2	7	2	5	5
GJ CROOKES	3	1	0	2	5	2	3	5
GAMALAKHE	3	1	0	2	4	1	3	5
DUNSTAN F.	3	0	3	0	1	12	-11	0

NETBALL GAMES

TEAM	Pts	Pts	TEAM
GJ CROOKES	21	3	DUNSTAN FARREL
GJ CROOKES	11	18	GUGULESIZWE H. SCHOOL
DUNSTAM FARREL	---	---	GUGULESIZWE H. SCHOOL
GUGULESIZWE H. SCHOOL			GJ CROOKES



GJ CROOKES HOSPITAL 2ND POSITION



GJ CROOKESHOSPITAL NETBALL CHAMPIONS



GUGU LESIZWE HIGH SCHOOL 2ND POSITION