



health

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Health
PROVINCE OF KWAZULU-NATAL

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WORLD CANCER, STI CONDOM AND HEALTHY LIFESTYLE AWARENESS CAMPAIGN

On the 27th March 2013 St Aidans held the Cancer, STI/Condom and Healthy Lifestyle Awareness Campaign for the staff of St Aidans. The awareness campaign was aimed at educating the staff about the importance of maintaining a healthy lifestyle.

Mrs. Van der Merwe from CANSA Association presented informative facts about cancer. Then Sr. L Mlaba gave a practical presentation about different STI's and the importance using condoms. She was assisted by Mr. Mlondi Sithole who did a condom demonstration.

Old Mutual brought financial advisors whom were of great help to the employees. Then a fitness trainer from Virgin Active engaged the staff in a 30 minutes aerobics exercise.

Fruits and energy drinks were given to the participants.

The awareness campaign was a huge success.



Attendees attentively listening to the presentations.



Ms. C Sosibo (Deputy Nursing Manager) welcoming the guest attending the awareness campaign



Ms. Jean Van der Merwe from CANSA outlining facts about cancer.



Ms Nonhlanhla Sibisi (Financial Advisor) from Old Mutual doing a presentation about the BIG FIVE



Sr. Linda Mlaba doing a presentation about STI's and condoms



Fitness trainer providing St Aidans staff with aerobics session



Health Promotions Committee Members preparing refreshments