



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**Umzinyathi Health District**

**NEWS**

Special Edition

# WELLNESS & TB AWARENESS EVENT 2023



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# WELLNESS /TB EVENT

Umzinyathi Health District office Employees health and wellness component hosted a wellness event. This event was linked with a TB and Obesity awareness. The participants were staff from district office, forensic pathology services, EMS and Regional laundry. The 10 km walk was held to commemorate World TB day which is on the 24th of March every year and Obesity awareness month. The day started with fun walk led by Ms. J.Y. Dube District Direct for Umzinyathi health district office alongside the employees from District office, forensic pathology and regional laundry employee's with the aim to encourage employees to engage in physical activities and **making move towards their health**

## The objectives of the wellness day were to

- Encourage employees for self-care especially mental well being
- Raising awareness on importance of adopting a healthy lifestyle through healthy eating and engaging in physical activities
- Encouraging precaution and early detection of obesity and TB

Wellness events benefit the employees and thus improve productivity in the workplace.

One of the key messages of the day was to promote healthy eating and encourages staff to opt for fresh and fruits vegetables. Mrs Addai from Department of Agriculture was part of the event as they launched the one workplace one garden initiative which encourage employees to grow their own vegetables.

The day was filled with lot of fun exercises and health talks from the employees.

A huge thank you goes to the team that ensured that the event was a success and to the Endumeni traffic department.



The organizing team



One workplace, One garden project

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# HIGHLIGHTS



Pictures: 1&2. District director and the team during the walk. 3. Employees enjoying the walk. 4. Stretching after the walk. 5. Endumeni Department of Agriculture team. 6. Aerobics



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM



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