



HARRY GWALA DISTRICT MUNICIPALITY

"Together We Deliver and Grow"

OFFICE OF THE MUNICIPAL MANAGER

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A healthy working environment.

The Harry Gwala District Municipality on Wednesday, 15 June 2022, had a Wellness Day at the main office in Ixopo, as part of an ongoing initiative to improve and sustain the employees emotional, physical and financial well-being.

The initiative was co-ordinated by Corporate Services Department (Occupational Health and Safety) in the District.

Health Care Practitioners were invited to conduct tests on glucose, blood pressure, cholesterol, eye testing and voluntary HIV/AIDS counselling. Other activities of the day included financial education, diversity management in the workplace, Injury on Duty and medical aid exhibitions and aerobics.

Addressing employees, Corporate Director Miss Neziswa Lungwengwe, said: "A Workplace Wellness Day helps to promote healthy lifestyle behaviours, and builds a sense of team and culture cohesiveness. It can provide employees a fun, healthy and interactive way to connect and recharge,"

She encouraged employees to use the service provided for free for at the wellness day.

The financial wellness was also important part of the package as over-indebtedness among employees could negatively impact on productivity in a work place.

**ISSUED BY HARRY GWALA DISTRICT MUNICIPALITY
COMMUNICATIONS UNIT.**