



OFFICE OF THE PREMIER

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Date:
Leshupelo: 31 October 2017
Umhla:
Datum:

Reference:
Tshupelo:
Isalathiso: SP9
Verwysings

TO: ALL SENIOR MANAGERS
ALL UNIT HEADS
OFFICE OF THE PREMIER

HEALTHY LIFESTYLE PROGRAMME

Over the past few decades international research has clearly shown that chronic non-communicable diseases have their roots in unhealthy lifestyles.

The Office of the Premier as an employer has a responsibility to look after the health and wellbeing of its workforce. Implementing a health screening service on an on-going basis provides numerous long term benefits for both the department and the employees.

A professional health team from GEMS will be visiting our office to provide wellness screening including fitness activities on the 9 November 2017 between 08:00 and 13:00. The screening sessions will be held in the Occupational Health Facility on the 3rd floor, rooms 321, 323, 332 and 334. The fitness session will happen at the space in the front entrance of the building.

I hereby give permission for the release of all staff members to participate in this life transforming programme.

In the event of any queries, please do not hesitate to contact Ms. M. Dhlamini at 053-838 2341 or Ms. K. Lebone at 053-838 2348.

Yours faithfully


JP JUSTICE BEKEBEKE
DIRECTOR GENERAL