



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

GREYTOWN HOSPITAL

GTN UMLEVO special edition

NEWS

STAY INFORMED

August 2018

WOMEN'S FORUM CELEBRATING WOMENS MONTH

Slogan of the day:

**“WATHINTA
ABAFAZI
WATHINTA
IMBOKODO”**

**“YOU
STRIKE A
WOMEN
YOU STRIKE
A ROCK”**



WOMEN'S DAY



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



Aerobics session

Greytown Hospital Women's forum celebrated women's day on the 24 August 2018. The purpose of the day was to encourage women to live a healthy lifestyle.

The forum visited the female wards to encourage and motivate female clients to live a healthy lifestyle. Ms. Matanzima educated all on the importance of screening for breast and cervical Cancer. Mrs D Govender - Nutritionist, encouraged all to chose healthy foods in their diet and challenged staff to join the Biggest Loser competition.

After the ward visit the forum proceeded to the sport grounds. Where Mrs. Safura, the gym instructor gave an intense aerobics session. Thereafter, the women engaged into different sport activities namely sack race, egg race, relay and dance.

The female clients were very much thankful to the staff for making their day whilst admitted to the hospital. The forum wishes to thank all the women who participated on the day. The day was truly a success.



Egg and Sack Race





Mrs. T Khanyile thanking gym instructor: Mrs. Safura





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