



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



BETHESDA HOSPITAL

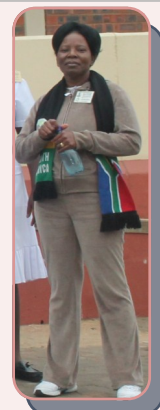
BETHESDA HOSPITAL COMMEMORATES WORLD MOVE FOR HEALTH DAY

10 May is regarded as the World Move for Health Day, according to the health calendar.

Bethesda hospital made it possible for their employees by embarking on a 1.5km Fun-walk aimed at improving the healthy life style for employees. The day served to motivate, encourage and enlighten the public as well as the staff at Bethesda hospital on the importance of good health and physical activity.

This day also plays a significant role in promoting healthy behavior and lifestyles. Indeed physical activities during the workplace afford the employees to produce good results. Following the fun run/walk, there was a set of routine exercise at the OPD where participants were taught about various stretches and exercises to improve blood circulation and increase their heart rate.

Big Up to the Rehab Team led by Mr Jacob Mbele about ensuring that the workplace is healthy and has fun!



The committed Deputy Nursing Manager, Mrs T.M Vilakazi showed her strength & leadership to the team of workers during the Fun walk.



WELL DONE BETHESDA ON WORLD MOVE FOR HEALTH DAY!

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