



# Wits Staff Wellness Week

Wellness affects all staff. Participate in these activities and utilise these services. The HR department will announce additional services at the launch of the Mpil'enhle Programme, a Wits staff wellness initiative.

## WELLNESS WEEK PROGRAMME

Date	Time	Event	Place
2 September	08h30 - 16h30 13h15 - 14h15 12h30 - 14h00	*Health testing – open to all staff Mpil'enhle Programme launch *Mangwanani mobile spa 15 minute massages	Solomon Mahlangu House Concourse, Braamfontein Campus East
3 September	08h30 - 16h30	*Health testing - open to all staff	Solomon Mahlangu House Concourse
4 September	08h30 - 16h30	*Health testing - open to all staff	School of Public Health Auditorium 1 & 2
5 September	08h30 - 16h30 13h00 - 14h30	*Health testing - open to all staff Lenn Smith Race	School of Public Health Resource Centre Wits Club, Braamfontein Campus West
6 September	12h30 onwards	Staff Fun Day: • Bring and braai • Sporting activities	Diggs Field, Braamfontein Campus West
14 September	09h00 - 11h00	Mass Yoga Day	Library Lawns, Braamfontein Campus East

\*First come first serve



### ENQUIRIES

Staff Wellness Testing: [michelle.gallant@wits.ac.za](mailto:michelle.gallant@wits.ac.za)  
Len Smith Race & Fun Day: [kabungo.mubanga@wits.ac.za](mailto:kabungo.mubanga@wits.ac.za)  
Yoga Day: [anna.veileroglou@wits.ac.za](mailto:anna.veileroglou@wits.ac.za)



# FEEL THE THRILL DURING WITS STAFF FUN DAY

which is part of  
Staff Wellness Week

Tip 1: Do regular exercise to prepare your body if playing sport on the day

Tip 2: Bring your cap, water and sunscreen

Let our DJ get you moving!  
Join the Dance Challenge!

Photo booth will be available

Challenge colleagues in netball, soccer, futsal, tug of war and chess

Revisit your childhood games with sack and egg races, diketo, kgati and umgusha

Special prizes will be given for certain activities

**BRAAI AREA AVAILABLE,  
BRING YOUR OWN MEAT.  
NO ALCOHOL PERMITTED**



DATE: FRIDAY, 6 SEPTEMBER 2019

TIME: 12:00

VENUE: DIGGS FIELD, BRAAMFONTEIN CAMPUS WEST

Enquiries: [events.witssports@wits.ac.za](mailto:events.witssports@wits.ac.za)

Staff Wellness Week runs from 2 - 6 September. The aim is to promote a culture of health and wellness in the Wits community. Put your health first, it is your most valuable asset!