



#FunDay



PROMOTING WELLNESS

By: Samella Nozibele

A FUN DAY was hosted by the Corporate Services on 16th November 2018 - Rietondale Park, Pretoria. It was a first of its kind at the NAMC. The purpose of this activity was to promote wellness, build relationships and conscientise staff on fitness

NAMC employees were grouped in 3 teams with the following activities undertaken; Warm ups, aerobics, egg race, relay, soccer and a bit of running.

Employees who took part in the exercise were Bonani Nyhodo, Tshilidzi Netswinganani, Pamela Shoyisi, Samella Nozibele, Rennie Mokgatho, Hluli Mashava, Matsobane Mpyana, Tinswalo Mabunda, Bongani Radebe, Tina De Klerk, Matilda van der Walt, Lizette Mellet, Monica ,Eunica Lambani, Elekanyani Nekhavhambe, Hluli Mashava, Abram Maifadi, Katlego Shikwane, Rika Verwey, Lucius Phaleng, Daniel Rambau, Elma du Plessis