

NORTH WEST PROVINCIAL LEGISLATURE'S WELLNESS DAY.

The North West Provincial Legislature held a wellness day on the 7 September 2012 with a theme **"Creating and maintaining a Healthy lifestyle"**.

It started with an hour's aerobics marathon from Body Focus, with Vuyo Goliath as an instructor.

Presentations by a Homeopath, Dietician, Gynecologist and an Urologist were made as a way to enlighten the employees on ways of keep themselves healthy. The dieticians were Ms. T. Tshihwanambi and Mr. F. Seema, the homeopath was Dr. Liebenguth, gynecologist, Dr. Mothupi and the urologist Dr. Mangala.