

TITLE	UNDERSTAND PERSONAL HEALTH & WELLNESS AWARENESS
BACKGROUND AND SERVICES	<p>Ikaheng HR Services offers a range of solutions aimed at empowering people in various economic sectors in South Africa and Africa with purpose built knowledge and skills.</p> <p>We are currently accredited by:</p> <ul style="list-style-type: none"> • Transport Seta (TETA), • National Department of Transport. <p>Ikaheng HR Services has offices in Gauteng, KwaZulu Natal and Western Cape.</p>
TARGET AUDIENCE	<ul style="list-style-type: none"> • Aimed at all semi-skilled employees
DURATION	<ul style="list-style-type: none"> • 1 day • 08h30-15h00
CONTENT	<ul style="list-style-type: none"> ✓ Getting enough rest which impacts positively on job performance ✓ Having regular medical checks to maintain health and wellbeing ✓ Personal hygiene ✓ Regular exercise ✓ Healthy eating choices impact on wellness ✓ Knowing your HIV status
CERTIFICATES	<ul style="list-style-type: none"> • Self test at the end of each module • Certificate of attendance is issued
COSTING	<ul style="list-style-type: none"> • Speak to your Sales Rep