



destea

department of
economic, small business development,
tourism and environmental affairs
FREE STATE PROVINCE

MEDIA RELEASE

DESTEA 2018 MEN'S HEALTH DAY

Bloemfontein: Social, physical, psychological and spiritual health of men at workplace are often down played even though they have direct impact on the productivity of any institution. Progressive institutions are increasingly paying attention to employees' health issues because they drive economic development.

On Thursday 21 June 2018, the Department of Economic, Small Business Development, Tourism and Environmental Affairs will host Men's Health Day under the theme: **"Positive Men's Role Model"**.

The intention of this event, is to educate, raise awareness, and to promote healthy and positive lifestyle to empower men with information on health related matters.

Research has shown that limited awareness of health issues may lead to poor health that is why this awareness event is the first step in helping men become more knowledgeable and become involved in achieving and maintaining good health.

As part of the activities of the day, there will be a motivational speaker, establishment of a Men's forum, education and awareness creation about the importance of healthy eating, exercising and physical fitness, maintenance, domestic violence, sexual health, finances and stress management. Men's Clinic will also be there to give lessons to men about sexual health whilst CANSA will conduct tests for prostate cancer.

The details of the event are as follows:

Venue: Phillip Sanders Resorts
Date : 21 June 2018
Time : 08h00

END

Compiled by: Communication Unit

Department of Economic, Small Business Development, Tourism and Environmental Affairs.

For more information please contact Lebogang Maloale at 051 400 9550 or e-mail maloalel@detea.fs.gov.za