

## BBD Wellness Day – July 2011 - by Anthea Steyn

On the 8th July, BBD employees were once again treated to a day of health and wellness and lots of pampering. The day was a buzz with activities and BBD guys and girls queuing up to have their health checks done.

Employees had the chance to have their blood pressure, glucose levels, cholesterol and BMI checked and complete the “healthy staff” questionnaire – where there was good news for some and good health advice for others.

The fantastic Mangwanani Spa ladies were deployed to all our floors to “subject” all employees to Indian head, neck and shoulder massages – such torture indeed! Manicures, Reflexology and some good diet advice was available to all, as well as delicious and wholesome soup to warm folks for the day.

For the brave - those employees who got through all their health checks first – some great prizes were up for grabs. Congrats to Patrick Fisher for walking away with the ultimate prize of a PS3 console and games!

To test the hearts (OH and the minds) the BBD men and women braved the chance to tackle a bit of rock climbing – and to raise some money for charity too.

Our Speed Climbing Charity Competition was well supported and many thanks to the following employees for their support and good spirit:

Sheneil Naidoo and Rolf Deppe who donated their winnings to Girls & Boys Town, Peter Watson who donated his well-earned Moola to Kids Haven and Rautie Rautenbach and Rohan Van Den Berg who supported the Teddy Bear Clinic.

