



A week of wellness

Description

Wellness Week 2025 provided an opportunity for all AfroCentric Group employees to prioritise their health and wellbeing by undertaking various health screenings.

Health screenings are an essential tool for early detection of underlying conditions. Early detection can lead to providing critical care and support for employees. The group offered a basket of screening services, including but not limited to visual, hearing, blood pressure, body mass index (BMI), blood glucose, dental, mammogram, HIV counselling and testing (HCT), blood grouping, and financial health screenings.

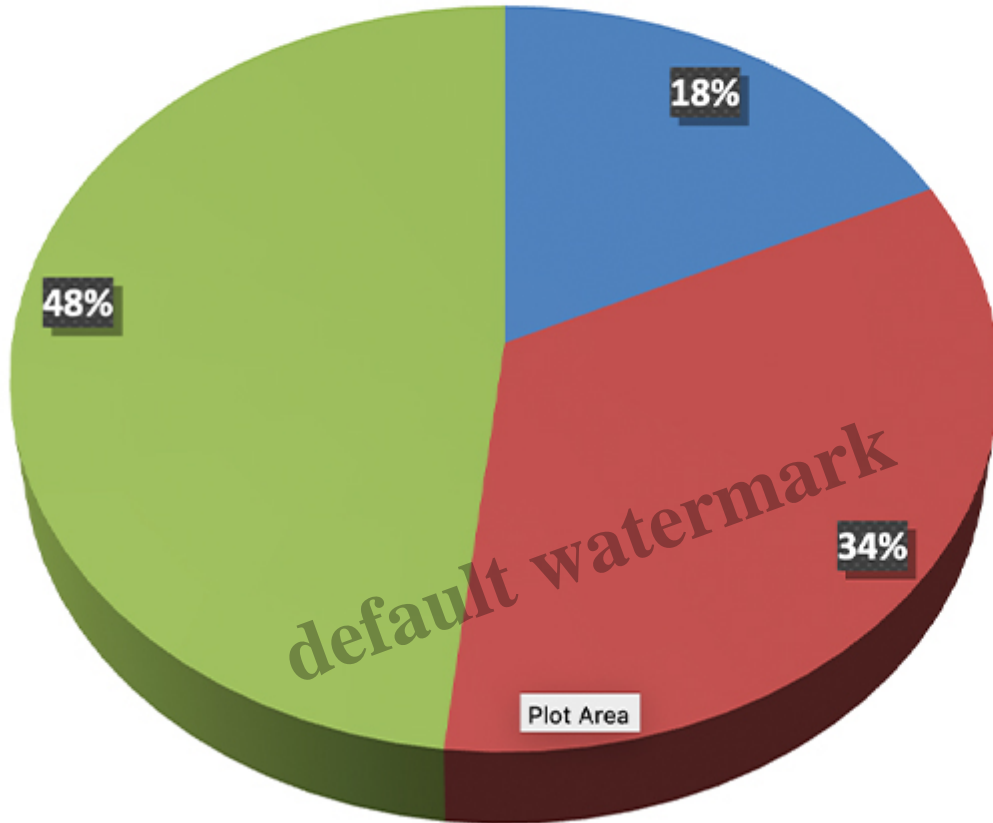
The Wellness Team thanks the altogether 1 716 AfroCitizens who took the time to participate in Wellness Week in April by doing their annual health screenings.

“We also take this opportunity to thank our committee, wellness ambassadors, branch coordinators, management, medical schemes, sponsors, and internal and external partners for the outstanding commitment and partnership that brought Wellness Week to life,” the team said.

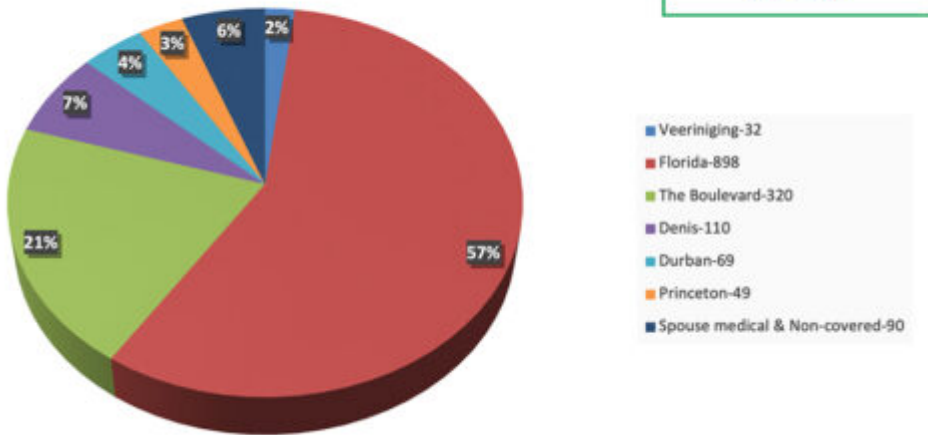
Wellness Week participation at a glance

Dental Screening

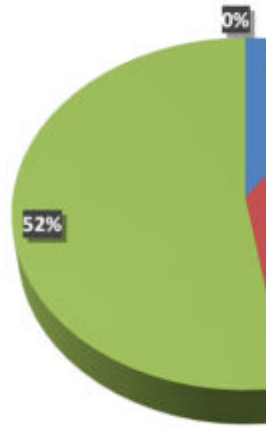
Total



HRA



Mammogram s



Congratulations to the Wellness Week spot prize winners – and a big thank you to our internal and external partners who sponsored gifts!

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Florida

Wellness Week Prize Winners

Name of winners	Sponsors
Kgothatso Tshipo	Interface
Thokozile Mavuso	Employee Wellness Programme
Juliet Adams	Employee Wellness Programme
Thembisile Ngwenya	Employee Wellness Programme
Esther Motshegwa	Robson Savage
Ishmael Maboko	Employee Wellness Programme
Asand Gqubushia	Employee Wellness Programme
Lerato Molalogi	Employee Wellness Programme
Thokozile Ngwenya	Employee Wellness Programme
Moiponi Tihapi	Medshield
Patience Moraba	Medshield
Ndamulelo Maanda	Medshield
Evah Nagel	Medshield
Danisile Basi	Medshield
Antoinette Walaza	Medshield
Ntsako Masinga	DENIS
Nokuthula Sebiloane	DENIS

Category

1. Our Wellness

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