



Balancing Act

Description

Corporate Wellness Week (1–5 July) is your cue to pause, reset and invest in the one thing that keeps our business truly running — you, our people.

In South Africa, where work-related stress intersects with socioeconomic pressures, investing in comprehensive workplace wellness – from mental health check-ins to financial literacy support – is more critical than ever. We have five easy tips to boost your work-life balance.

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If you or a loved one are struggling with mental health, contact the AfroCentric Employee Wellness Programme for help.



AfroCentric Employee Wellness Programme

Available 24 hours a day, 365 days a year.



Scan the QR code or follow the link to access the online portal using your company code.

-  Toll-free: **0800 611 189**
-  Request a call back: **+134*905#**
-  Email: **help@workcarewellness.co.za**
-  Get in touch online: **http://app.lyrawellbeing.health/**
-  Your company code: **AFRO03**



Category

1. Our Wellness

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