



Speaking up about men's health

Description

Afrocentric Group joined the Movember Global Campaign, also known as No-shave November, and was part of a webinar in collaboration with the Sanlam Group.

Movember was first established in 2003 by a group of friends in Australia who wanted to promote awareness and raise funds for men's health issues, specifically prostate cancer, testicular cancer, and mental health challenges.

It has grown into a global movement with millions of people participating and supporting the cause. Men's mental health is one of the key wellness risks and is prioritised within this campaign.

The webinar focused on various topics with the below speakers:

| Topic | Panelist | Portfolio |
|-------------------------------------|-------------------|--|
| Special Message from the CEO | Gerald van Wyk | CEO AfroCentric: AfroCentric Health Management Directors |
| Wellbeing Programme | Marcel Buys | General Manager: Group Rewards and Benefits Management |
| Men's Health | Dr Wayne Riback | General Manager: Healthcare Provider Relations |
| Financial Health | Maxwell Mojapelo | Head of Business Development |
| Mental Health | Dr Litha Fatsha | Advanced Specialist: Healthcare Facilities Strategy Unit |
| Men and Parenting | Hennie Nel | Sanlam Head: Corporate Finance, Group Strategy |
| Testimonial | Zamokuhle Masondo | Founder: Dark Cloud Above Me |

As a special treat, Legends Barber was available at the following branches for a fun filled Shavathon:

- Florida North, Roodepoort
- The Boulevard, Cape Town

ADS/Tenda Health, Centurion

Category

1. Our Wellness

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