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FOR PSA MEMBERS: KWAZULU-NATAL (KZN) – DURBAN AREA

04-11-2022

## PSA Provincial Office in Durban hosts *Financial Wellness and Sports Day*

The PSA Provincial Office in Durban invites members and non-members and their families to attend a *Wellness Day* on **5 November 2022** at **Hoy Park Sports Ground** from **08:30 to 14:30**.

The following activities will form part of the day: Aerobics, male and female soccer, netball, egg-and-spoon race, tug of war, and many more exciting activities.

There will also be an address by PSA business partners on the importance of financial wellness and to prepare for the future. This Wellness Day brings together financial and physical wellness in equipping us to live a healthy life. *“A healthy financial life contributes to your overall well-being by reducing stress levels and boosting your quality of life and mental health. It is for this reason that financial wellness matters. Financial wellness is part of overall wellness. The link between mental and physical health is well known and widely studied.”*

Free snacks, music, games, jumping castle for kids, and financial advisers will be available. Bring your own camp chairs, food, gazebos, etc.

Entrance is **FREE** for all PSA members. Non-members should complete a PSA membership application form to enter. **NB:** No transport arrangements or S&T will be paid.

The event forms part of the total shutdown mobilisation for the KwaZulu-Natal march on 10 November 2022 with the assembly point at King Dinuzulu Park.

For more information on joining the PSA, contact: Cynthia Mbali (082 880 8953 / [cynthia.mbali@psa.co.za](mailto:cynthia.mbali@psa.co.za)), Nkosephayo Zulu (082 880 8994 / [nkosephayo.zulu@psa.co.za](mailto:nkosephayo.zulu@psa.co.za)), or Xolani Dhlamini (073 244 5664 / [xolani.dhlamini@psa.co.za](mailto:xolani.dhlamini@psa.co.za))

The PSA Provincial Office in Durban is looking forward to seeing you there!

GENERAL MANAGER