



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

# EMPLOYEE WELLNESS PROGRAMME (EWP) PROVIDED BY THE HEART AND STROKE FOUNDATION SOUTH AFRICA

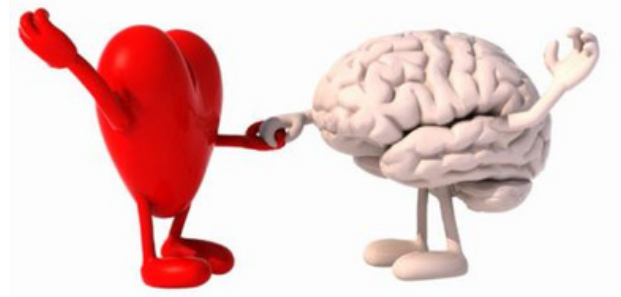


APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

Benefit your business by keeping staff healthy. The Heart and Stroke Foundation's Employee Wellness Programme can benefit you & your staff as follows:



## Our Services




1. Health Talks
2. Exhibition Tables
3. Health Risk Assessments (HRA's)

Our HRA's includes the following:

- Blood Pressure
- Cholesterol Testing
- Weight/ Height- BMI
- Glucose Testing
- Women's Health & Mental Health
- Counselling on risk & referral to a clinic/health practitioner

## To book our services for the EWP call

- |  |                        |                        |                          |                             |
|--|------------------------|------------------------|--------------------------|-----------------------------|
|  021-422 1586<br>Cape Town | 031-261 9055<br>Durban | 079-984 6529<br>George | 041-582 4086<br>Gqeberha | 010-5892046<br>Johannesburg |
|--|------------------------|------------------------|--------------------------|-----------------------------|

 [pamela.naidoo@heartfoundation.co.za](mailto:pamela.naidoo@heartfoundation.co.za) (FOR COST ENQUIRIES)

 [www.heartfoundation.co.za](http://www.heartfoundation.co.za)