



## RUSTENBURG OPERATIONS

# INVESTING IN WELLNESS

The Rustenburg Community Development Trust (RCDT) has been at the forefront of supporting wellness initiatives in our host communities.



"We encourage the community to join the Mogatla Wellness Programme – you are very welcome!"

**RCDT operations manager Katleho Thinane**

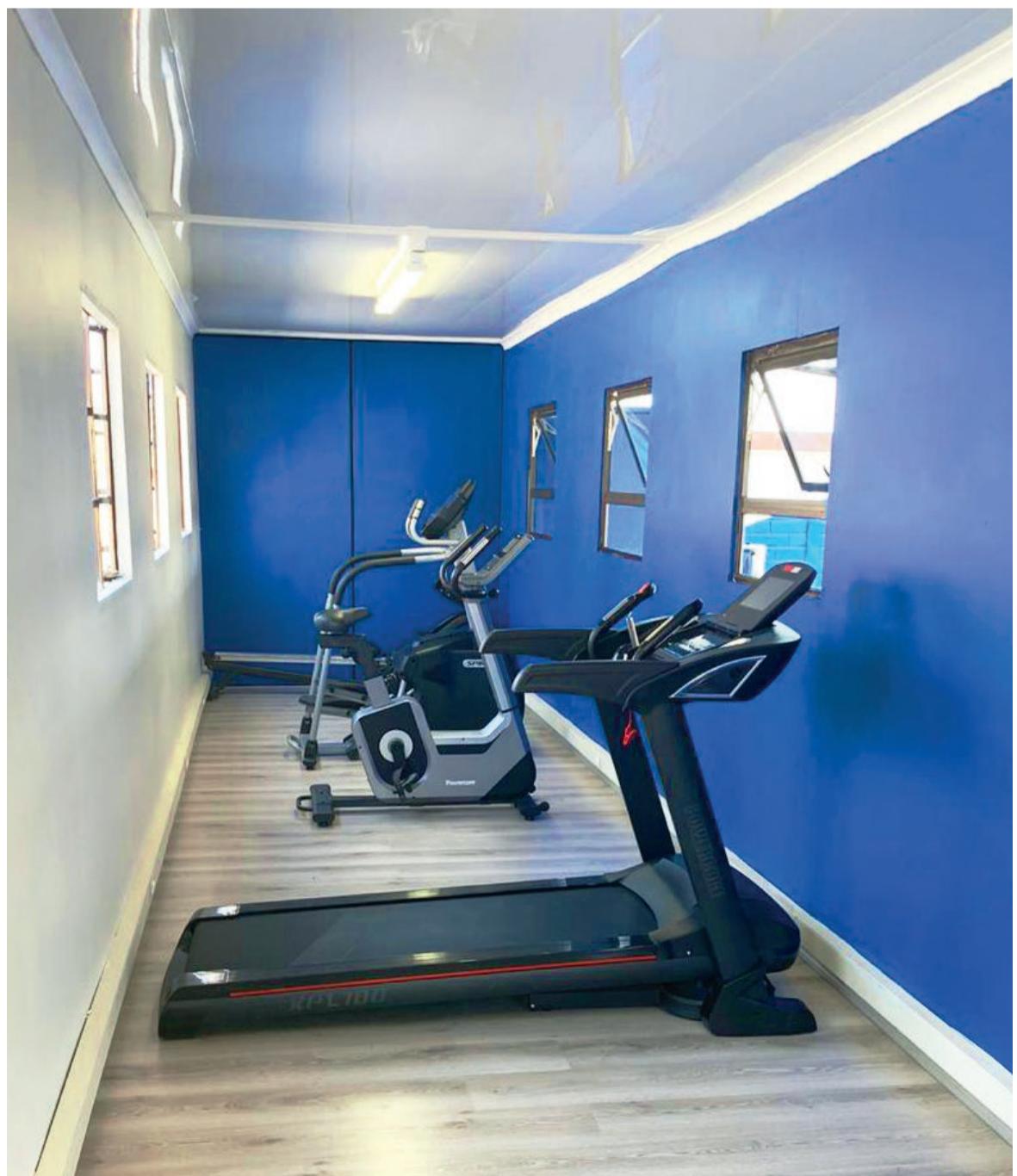
On Monday 24 August, RCDT once again demonstrated their commitment by launching a health and fitness centre in Thekwane.

Mogatla Wellness Programme, established in 2018 by community leader George Khunou, has become a vehicle to promote healthy lifestyles through regular exercise at their centres and by giving health education to community members. The programme was first implemented in Photsaneng before it was launched in Mfidikwe, Serutube, Tlaseng and now Thekwane.

With an initial 142 members in its early days, Mogatla Wellness Programme has grown in leaps and bounds and now has more than 400 active participants on its books.

RCDT chairman Nthabiseng Matsobane, who officially opened the programme's branch in Thekwane, encouraged community members to incorporate exercise in their lifestyles.

RCDT operations manager Katleho Thinane said: "The new branch of the Mogatla Wellness Programme has brought fitness training, health education, cardio and bodybuilding activities to the doorstep of the Thekwane community."



YOUR HEALTH IS IMPORTANT... RCDT promotes fitness training, health education, cardio training and bodybuilding equipment in Thekwane.



**FITNESS AND HEALTH...** More than 400 people are registered with the Mogatla Wellness Programme.

**Real Mining. Real People. Real Difference.**

**MULTI-PURPOSE FACILITY...** The Mogatla Wellness Programme in Thekwane opened its doors to the community in August.