



## **Coca-Cola South Africa Hosts “Refreshing” Wellness Week**

**Johannesburg, 15 May 2008** – A key mission of The Coca-Cola Company is to refresh the world in body, mind and spirit. This week Coca-Cola South Africa (CCSA) aimed to refresh its Associates through its Wellness Week, which provided them with the opportunity to relax, de-stress and revitalise in body, mind and spirit - during their work week.

This year’s programme aimed at offering staff a comprehensive range of wellness offerings, ranging from pampering to healthy eating and importantly, extending to wellness screening options such as cholesterol testing, all available on site at the CCSA Head Office in Parktown, Johannesburg.

“The health and wellbeing of our people is of critical importance to us at Coca-Cola South Africa. It is our people who are our biggest asset,” said Jonathan Muthige, Coca-Cola South Africa’s HR Director.

He added: “We are only able to perform at our peak when we are physically, emotionally, mentally and socially healthy. At CCSA, we aim to achieve sustainable levels of optimism and motivation throughout the organisation. Therefore, an ongoing focus on employee wellness is of huge importance to us.”

The Wellness Week included:

- Kick-starting each day with a healthy breakfast offering, as well as healthy snacks and smoothies available for afternoon lunches.
- Eye, blood pressure, cholesterol, glucose and HIV testing and counseling.
- A presentation by well-known author and personal brand philosopher Timothy Maurice Webster, that provided insight into creating a personal brand, aptly named Me Inc. For example, Maurice offered interesting viewpoints, as he stressed the importance of dressing for “war” rather than dressing for work, highlighting the varying perceptions that can be created simply as a result of a person’s style of dress.

- Rejuvenating head, back and neck massages.
- Decadent manicures, pedicures and reflexology treatments.
- Energising self-defence, pilates, yoga and aerobics classes.

This year's programme was well received by CCSA Associates, who actively participated in the various activities to improve their wellbeing.

"Employee wellness is not only a programme that we focus on during one week of the year; it is a consistent mandate for us at Coca-Cola South Africa. For this reason, we encourage our Associates to participate in events such as the 702 Walk the Talk, the ABSA Relay and the CCSA-sponsored Soweto Big Walk," concluded Muthige.

**ENDS**

**Photo caption:** Associate, Nelly Shabalala gets more information on how to live healthily

