

HANDS UP IF YOU'RE MINDFUL ABOUT YOUR HEALTH

It's easy to get caught up in the health hustle. Being physically fit doesn't necessarily mean you're healthy, nor does being level-headed always mean you're in the right frame of mind.

Too much of one thing can lead to you losing your way. With World Health Day top of mind, here's how you can keep your finger on the holistic health pulse.



BE MINDFUL OF THOSE IN NEED OF BLOOD

If you're in two minds about donating blood, consider this: just one donation of blood can save up to three human lives! Give the gift of life by donating blood when SANBS visits your workspace.

Dates to be confirmed soon.

BE MINDFUL ABOUT MONEY MATTERS

Times are tough, but how many more price hikes can you handle if you're already cash strapped?

Get expert advice and solutions for all your financial needs with access to a financial coach courtesy of Finance Assist.

GET ADVICE



BE MINDFUL OF MORE TIME-OFF

Beating fatigue starts with shaking up your routine. Press pause and set your sights on dream destinations and enriched experiences. Your next holistic holiday starts with Microsoft's Life@Home travel assistance service.

FIND A DEAL