

HEALTH AND SAFETY TALKS



17th of February- Health Lifestyle Awareness Day

Healthy lifestyles are not just about eating enough vegetables and fruit, **it is also a reminder that spending time with loved ones and friends is also an important part of the overall picture.**

Almost two months after many people made their New Year resolutions to eat healthier and exercise more, did you stick to your resolution? Any time is a good time to start living healthier!



ASPASA

Small surface mine association