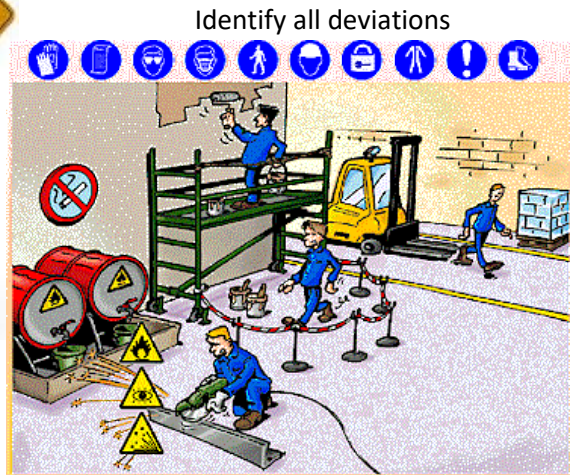




## In the Spotlight

*RRC has received BBBEE Certificate Level 2*



**Be Safe. Be Smart. Be Seen.**  
**MAKE SURE DRIVERS CAN SEE YOU.**

## Health & Wellness

The Six Dimensions of Wellness:  
**Spiritual**

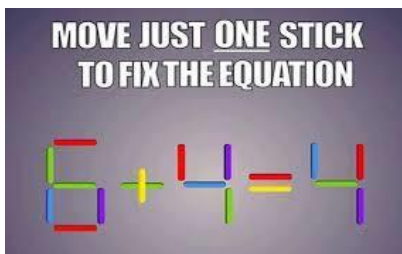
Having a sense that life is meaningful and has a purpose and that we are guided in our journey. Spiritual wellness is about embracing the meta-physical and reaching beyond the physical realm of existence and experiences. Since spiritual wellness involves one's values, beliefs, and purpose, it can be achieved in several ways—both physically and mentally.

- ☼ Explore your spiritual core...      ☼ Be Incognito
- ☼ Look for deeper meanings...      ☼ Pray
- ☼ Express Yourself...                      ☼ Take time to meditate...
- ☼ Try yoga...                                      ☼ Think positively...
- ☼ Travel...



### June

- |                        |                      |
|------------------------|----------------------|
| 01 – Jan Leshaba       | 06 – Andre Roux      |
| 08 – Fusi Mosia        | 10 – Michael Ndela   |
| 11 – Phineas Madithapi | 12 – Doctor Gama     |
| 13 – Dawid Herman      | 19 – Rammota Kobedi  |
| 20 – Joey Jooma        | 22 – Deon Botha      |
| 22 – David Phakathi    | 27 – Petrus Masilela |
| 26 – Johannes Mokoana  |                      |



## I'm With Nature



### Connecting People to Nature

From your backyard to your favourite national park, nature is closer than you think. It's time to get out and enjoy it.

'Connecting People to Nature', the theme for World Environment Day 5 June 2017, implores us to get outdoors and into nature, to appreciate its beauty and its importance, and to take forward the call to protect the Earth that we share.

This year's theme "**HIT THE PARK**" invites you to think about how we are part of nature and how intimately we depend on it. It challenges us to find fun and exciting ways to experience and cherish this vital relationship.

