



**Kutlwano Social Organisation**

Reg.2004-035830

10306 Lebata Street

Kwa-thema 1573

## **KUTLWANO SOCIAL ORGANISATION FUN WALK/HERITAGE DAY PRESS STATEMENT**

26<sup>TH</sup> August 2024

Kutlwano Social Organisation is hosting a Fun Walk/Heritage Day event on the 24<sup>th</sup> September 2024 at Kwa-thema Stadium in Kwa-thema. This event is organised under the theme “Act Against GBV, Show Respect”. Wellness and healthy lifestyle is the fibre for building sustainable communities and KUSO has organised health practitioners through mobile clinic to also run tests free of charge to the public for people to know their health status and change their attitude towards healthy lifestyle. KUSO head of Sports, Mr. Musi Zondo explained what they mean about healthy lifestyle and said, “To us healthy lifestyle speaks to regular exercising, choosing what to eat, having adequate sleep and taking enough breaks to relax, abstaining from smoking and drug abuse as well as moderate consumption of alcohol if not abstaining”.

The day will be full of eventful activities with the Scientology Centre bringing their full information unit on drug and substance abuse awareness. Members of the public will be afforded an opportunity to interact with volunteers from the Scientology Centre who will share information about how to educate the youth about the dangers of drug and substance abuse and what programmes are available to train them into becoming pioneers to save those that are addicted. The 10km fun walk will be followed by a session of aerobics conducted by experienced trainer and fitness guru. There will also be a theme park for children and will comprise of water slides, face painting, balloon sculpturing and magician.

The Heritage programme will be full of entertainment with local artists showcasing their talent and using the event to market their trade and capabilities. There will be DJs of note coming from Kwa-thema, Tsakane and Duduza, and also a fashion show that will promote local innovation and creativity to mark our heritage and culture. Explaining the significance of Heritage Day, KUSO Chairman, Mr.Dali Mofokeng said,“ Since the declaration of September 24<sup>th</sup> as a Heritage Day, we as Kutlwano Social Organisation have been organising commemoration events to celebrate our culture and heritage against the background of unity in diversity. The day affords us an opportunity to pause and reflect on where we



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coming from as a nation and to allow us to celebrate the victories of the current democratic breakthrough and how to work together for a prosperous future”.

Kutlwano Social Organisation is inviting members of the public to support this day and the planned programme by coming in numbers as space is limited and children under 12 will be allowed to be at the theme park which will be manned by experienced child minders whilst adults are enjoying the day. Food stalls and other wares will be on sale on the day and members of the public are urged to avoid entering with bottled beverages for the safety of all including children. There will be tight security on the day and entrance is subject to terms and conditions. Entry tickets can be obtained from all KUSO members and also at the KUSO Clubhouse Tuck-shop. The event will be covered live by Otee Radio and there will be live streaming on all social media pages.

For more information contact Musi Zondo 082 653 2455 or Matshele Motlhabane 083 525 9702.