



**TECHNICAL UNIVERSITY OF MOMBASA**

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**ADMINISTRATION, FINANCE AND PLANNING**  
*INTERNAL MEMO*

**Ref** : TUM/DVC(ARE)/COM/11 Vol. 1 (74)

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**From** : Deputy Vice Chancellor (AFP)

**To** : ALL STAFF

**Date** : 24<sup>th</sup> October 2018

**Subject** : TUM WELNESS AND FITNESS DAY

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The Guidance and Counselling section in conjunction with Technical University of Mombasa Staff Peer Educators has organized a Wellness Day for all TUM Staff, **today 24<sup>th</sup> October 2018 from 2.00 – 5.00 p.m. at the Lower Football Pitch.**

This is aimed at promoting general wellness of staff and to create a “Healthy Work-Life Balance”. Staff will be sensitized on Stress Management, Alcohol and Drug Abuse and HIV/AIDS.

Other events of the day will include sporting activities, athletics and ball games among other sporting activities.

**All Heads of departments / sections are requested to release staff to attend this important day in the calendar of TUM.**

Thank you.

**Prof. Joseph Rasowo**

cc : Vice Chancellor  
Ag. Deputy Vice Chancellor (ARE)  
Registrar AP  
Registrar AA  
Ag. Finance Officer

