

Welfare

SHOWING LOVE THROUGH WELFARE.



Longevity is desired by many but it is a preserve for a few. Not to say that it is not achievable, should we desire to get lost in our heads, in loops and cycles and curves balls that life throws our way.

At Car & General, we chose to show love to our members of staff and customers on Valentine's Day: **showing love through welfare** being the theme of the day. We partnered with Equity Afia: a network of franchised medical outpatient centers run by qualified and experienced doctors who have come together to provide high quality, affordable and accessible healthcare to Kenyans.

The first order of business was to share insight on Lifestyle diseases: ailments that are primarily based on the day to day habits of people. Habits that detract people from activity and push them towards a sedentary routine can cause a number of health issues that can lead to chronic non-communicable diseases that can have near life-threatening consequences.

There was so much insight on the subject, before getting down to having individuals go through health reviews to establish our health, each one of us getting necessary advise on how best to handle ourselves, our issues and circumstances so as to make the best of our lives. We had a triage area that looked into BMI, blood sugar, and blood pressure. There was a dentist and optician in line and a nutritionist who wasted no time at giving advice on the does and don'ts that affect nutrition and the quality of lives that we lead. We also had an opportunity to unburden ourselves on the deep set issues and injuries that we carried on the day to day. This being made possible by the presence of a counselor/therapist.

Tamara Asonga
Public Relations Executive.

CELEBRATING



YEARS

Our Vision

Make customers smile in every street, every town

Our Mission

To achieve leadership position in all our primary markets - power generation, automotive and engine-related products in East Africa.