

OFM hosts virtual race in support of mental health

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OFM, the sound of your life in central South Africa, is encouraging its listeners to move on Saturday, 14 November by joining the Let's Move virtual race, in collaboration with Mondia Health and Wellness Centres.



Run, walk or cycle along your own five or 10 kilometre route anywhere you are between 6am and 6pm to participate. Register your activity for R100 on the OFM website at www.ofm.co.za before 9 November and receive a branded T-shirt to wear during your activity. All proceeds will go towards the South African Depression and Anxiety Group.

As always, listeners stand a chance to win if they join the challenge! Snap a selfie in your branded Let's Move T-shirt participating in the event, share to social media with the hashtag 'Let's Move' and tag OFM on Facebook, Twitter or Instagram and be entered into a lucky draw where one lucky listener could win R5,000 for themselves and R5,000 for their favourite charity.

Says Lindiwe Mtwentula, OFM Marketing Manager: "Mental illness and the stigma surrounding it, is a critical issue in South Africa. This year has been particularly rough on all of us and has had a severe effect on those with mental health issues. Science has proved that regular exercise can have an incredibly positive impact on mental illness. It also relieves stress, improves memory and boosts overall mood. What better way to get moving than with the sound of your life!"

The virtual race is hosted in collaboration with Mondia Health and Wellness with centres in Bloemfontein, Bethlehem and Vereeniging. They provide care and treatment to people with psychiatric, psychological and addiction challenges. The beneficiary of the proceeds of the race, the South African Depression and Anxiety Group is at the forefront of patient advocacy, education and de-stigmatisation of mental illness in the country.

Who is OFM?

OFM is central South Africa's premier commercial radio station offering a mix of music, news and entertainment.

The station serves the influential SEM 7-10 market with a footprint across the Free State, Northern Cape, southern Gauteng and North West. The brand is synonymous with the people of Central South Africa and covers the full spectrum of listeners: from urban youngsters to retired pensioners, from working moms and dads to successful professionals, from rural

communities to agricultural producers. As such, OFM offers a number of niche features – including an agricultural programme, Agri news twice a day, entertainment and sports features.

Our audience is incredibly loyal and supportive and as such OFM enjoys one of the highest instances of time spent listening to the radio in South Africa. OFM is part of the Central Media Group with its head office located in Bloemfontein and a studio in Welkom.

Find OFM at www.ofm.co.za.

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OFM Radio



OFM, is Central South Africa's premier commercial radio station, offering a mix of music, news and entertainment. The station serves the affluent SEM 7+ economically active marketplace with a broadcast footprint across the Free State, Northern Cape, southern Gauteng and North West.

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