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Mimos launches wellness programme

Abdul Hanan signing the plaque to mark the official launch of Mimos Wellness Programme.

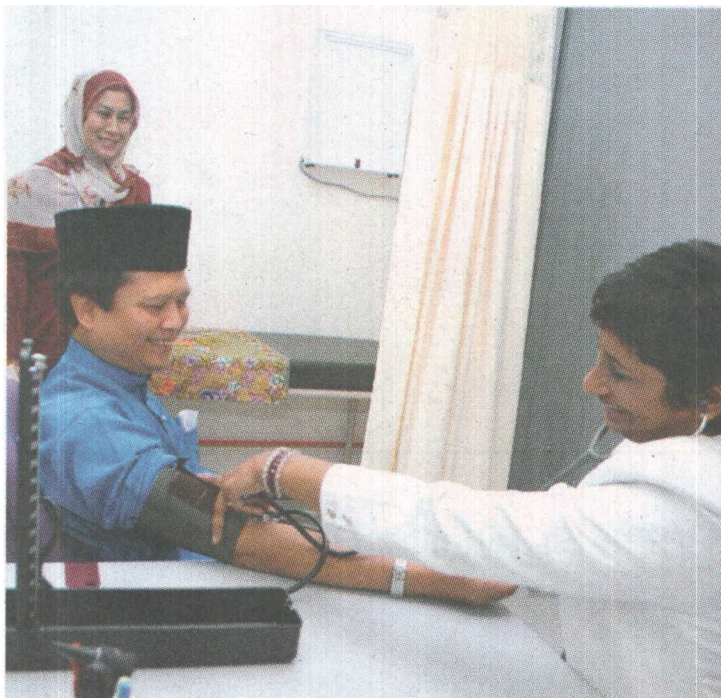


MIMOS Berhad recently launched its Total Wellness Programme as part of its efforts to develop Mimos employees into mental warriors, in line with its vision of making Mimos into the premier applied research centre in frontier technologies.

The Total Wellness Programme is part of Mimos' education and awareness campaign to promote the adage that "prevention is better than cure" while promoting a healthier lifestyle for Mimosians.

The event was officiated by secretary general for Science, Technology and Innovation Ministry Datuk Abdul Hanan Alang Endut.

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Abdul Hanan having his blood pressure taken while vice president, corporate human resource Mimos Hasnah Ismail looks on.



A Mimos gym instructor demonstrating how to exercise with a treadmill.