

## Nelson Mandela Day

The United Nations has declared July 18th as Nelson Mandela Day. The theme for the 2023 observance is 'The Legacy Lives on Through You".

As we reflect on Nelson Mandela's life of justice, let us heed his words to "not merely cast off one's chains, but to live in a way that respects and enhances the freedom of others...It is in your hands, to make a better world for all who live in it."

Let us commit to being the change we want to see in our families, communities, organisations, country, and the world.