

Hi Everyone,

Another year is coming to a close.....We wish all of you and your families, 'A Very Happy and Prosperous New Year'.



Below is the new date set for our 23rd AGM. It was originally set for 18th December 2021 but due to the unforeseen flooding in Shah Alam it had to be postponed. Everyone is welcome to attend.

Hope to see you.



In this idle pandemic period, our president Puan Sri To' Puan Datuk Dr Shariffa Sabrina has been busy creating a new set of sitting down exercises which can be done at home or in the office and it is most suitable for the mobility challenged.

This exercise is called, Sit 'N' Move.....Anytime, Anywhere. It is very easy to follow. All you need is a firm, steady and stable stool.

Our first workshop was attended by 25 participants led by Puan Sri Sabrina, of which 6 were potential coaches for this exercise.

SAB20/30 has resumed at Taman Lembah Bt SUK, KGSAAS (Kelab Golf Sultan Abdul Aziz Shah), Bt Jelutong and Seksyen 18. Taman Lembah SUK is doing it 3 times a week only for the time being. Bt Jelutong does it online to cater for its followers who live quite a distance away.

We want to thank all of you for your continuous support of WSFFM. Soon we hope to organize more activities for all to join. With the threat of Omicron, we are still following strict SOPs. We shall keep you posted on our programs so tune in to our Facebook and website for further notice of our coming events.

Kee Poh Siew
Editor

Events in October, November and December 2021.



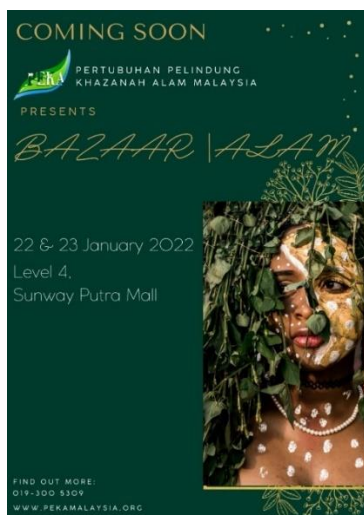
Date : 15th January 2022
Time;2.30pm
Venue: Tanah Aina Café, Wisma Tanah Aina,
Jalan Mesra 1, Shah Alam



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Be active and stay healthy.



"Be an ECO-warrior while Shopping!
PEKA, the NGO that has been and continues to fight for Malaysian forests, invites you to attend our BAZAAR ALAM, happening this January 2022. Mindfully selected, eco-friendly, reusable and sustainable products will be on display, to help you make informed ethical purchases that protect our planet."

Date: 22 -23 rd January 2022
Venue: Sunway Putra Mall (Level 4)
For further enquiries please call - 0193005309