

Hi Everyone,

Welcome 2022 and we look forward for better days to come. With the relaxation of many SOPs pertaining to Covid 19 endemic, life is on the roll again.

Our AGM was held on the 15<sup>th</sup> January 2022 at Wisma Tanah Aina. There was an election of new office bearers for 2021 to 2023. The newly elected president is YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil.

Taman Lembah SUK and Kelab Golf Sultan Abdul Aziz Shah (KGSAAS) have started the Sit 'N' Move.... Anytime, Anywhere exercise for its members. This is the new exercise created by our president YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil.

WSFFM continue to support Shah Alam's Car Free Sunday. We took part on the 13<sup>th</sup> February and 13<sup>th</sup> March 2022. The latter was celebrated in conjunction with International Women's Day. There will be more events after the fasting month and 'Hari Raya Aidilfitri'.

WSFFM has a few programs lined up for this year namely,

- 1) Fitness Drummin' Championship in September
- 2) Bowling Competition in November
- 3) Walk Marathon – date to be confirmed

We shall keep you posted on the progress of these programs.

Stay fit and healthy. Keep moving, start by taking small steps.

Kee Poh Siew  
Editor

## Events in January, February and March 2022



### The line-up of WSFFM for 2021 - 2023

**President** : YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil

**Vice President**: Datin Rosmawati Binti Abdul Halim

**Secretary General**: Nor Hayati Binti Shahrom

**Assist. Secretary General**: Zarinah Begum Mubarak Alam

**Honorary Treasurer**: YBhg. Dato' Sri Mohamed Nazir Meraslam

**Assist. Honorary Treasurer**: Hajjah Wan Affidah

### Executive Committee Members:

Betrina Yeo

Salina Chew Abdullah

Kee Poh Siew

Adilla Binti Idris

Pushpaneela VN Suppiah

Dr Ashari

Aziz Maskam

Norasyikin Binti Md. Baharudin

Wan Shukri

**Internal Auditors** : Rosemary Sia

Aslina Binti Abd Razak



Car Free Sunday 13<sup>th</sup> February 2022



Car Free Sunday 13<sup>th</sup> March was celebrated in conjunction with 'Hari Wanita'.



Sit 'N' Move.....Anytime, Anywhere has started in Taman Lembah SUK and Kelab Golf Sultan Abdul Aziz Shah (KGSAAS).

