

Hi Everyone,

As promised we have some programs lined up for the 2nd part of this year. How time flies with the blink of an eye. We are into 2nd half of 2022

Our president YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil was present to lead the Taman Lembah SUK's morning exercise with her own creation of Sit 'N' Move.... Anytime, Anywhere on 12th June 2022(Sunday). The group was so grateful they had a tea party to thank her afterwards. Morning exercise at Taman Lembah SUK is Mondays to Fridays.

Another good news is WSFFM will have a joint venture with 'Fakulti Sains Sukan UiTM' and the MOU will be signed soon. Working together means UiTM will help us in future events by sending students as volunteers or interns to gain work experience and to gain requirements for their qualifications.

WSFFM continue to support Shah Alam's Car Free Sunday. The next Car Free Sunday is on the 17th July 2022. We will keep you posted on the Car Free events in Shah Alam.

Our up and coming events:

- 1) Fitness Drummin' at Universiti Kebangsaan Malaysia (UKM)- July 2022
- 2) Fitness Drummin' Championship on the 15th november 2022
- 3) Bowling Competition in November
- 4) Muhibbah Traditional Walk – date to be confirmed
- 5) Netball League – date to be confirmed

'Fitness Drummin' Championship' is on 19th November(Saturday) 2022 at Subang Parade with very attractive prizes. We sincerely thank the Management of Subang Parade for letting us use their podium for our event free of charge.

The flyer for our Fitness Drummin' Championship is as per below:



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

Stay fit, healthy and keep safe. Do take care.

Kee Poh Siew
Editor

Events in April, May and June 2022



Our president YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil led the Taman Lembah SUK's morning exercise with her own creation of Sit 'N' Move.... Anytime, Anywhere on 12th June 2022 (Sunday).

Afterwards the group held a small tea party to thank her for making time to be present.

Morning exercise at Taman Lembah SUK is every Monday to Friday.

**Fitness Drummin' Championship
15th November 2022 (Saturday)
Subang Parade
9am – 5pm**

**For the Code of Point please visit our FB
or website**

For further info, please contact:

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