

WELLNESS PROGRAM – NOV. 17, 2023. WRITE UP BY JOAQUIM & CLOTILDA FERNANDES

### **AGING GRACEFULLY**

On Nov 17 2023 TEGSA hosted a talk on "Aging Gracefully," after a long hiatus due to COVID. The presenter was Dr. Aaron Pereira who touched on different aspects of improving our mental and physical well being thus enhancing our quality of life.

He mentioned that healthy MOVEMENT is key, including other different components, which are being flexible and mobile, strengthening our muscles and elevating our heart rate all of which should not induce pain. Proper nutrition and sleep hygiene are equally important.

It was very interesting and we had a good turn out. It was also nice to catch up with friends.

The evening was completed with a delicious snack plate and bingo.

Many thanks to the committee for their dedication and effort for always striving to do their best for our members