

## **Walking Club**

Walk around for an Hour!

On a Saturday morning , from 9:00a.m. for an hour, an energetic, smiling group of Tegsa members hit the walking track at the Pan Am centre. One good turn deserves another and so we go around at least 20 times. It sure is an exercise for the body and sometimes for the mouth. The exchange of thoughts done while we walk surpasses all social media communication. The icing on the cake is the sharing of a healthy breakfast prepared by Elizabeth Prabhu. Thanks to all who make it possible.

What a great way to begin the weekend. Jean Pinto