



DONNA'S MESSAGE

10TH MARCH 2022

NO. 2

Tune in to our Founder Donna Hubbard's regular messages here using the current member's password which is available from your Centre at the start of each month. Should you wish to respond to Donna's comments you can do so via email at donna@gymphobics.co.uk.

Hi there,

It is wonderful to be able to talk to you knowing that we can now get completely back to normal in our Centres. If your Centre has been closing for deep cleaning in the afternoons then they will now be getting back to full hours.

Of course we will still be doing extra cleaning throughout the day and you may still continue to wear face masks if you wish. Wherever possible our Centres will be providing additional ventilation too.

It is great to see how many members have returned for their weekly sessions so if you have yet to do so, please rest assured that our staff are ready and waiting to look after you.

There are a number of innovations taking place in your Centre in the coming weeks. Do tell your friends and family about our Four week **Osteoarthritis programme** that is about to start. If you know someone who suffers with this condition, do please tell them to get in touch. We will be running other Health programmes this year too including Menopause and Lower Back Pain.

I know that many of our older members will be as interested as I was to read about the study of ladies aged 60 plus which showed that those who have maintained their fitness have a 30 percent reduced risk of Alzheimers! Wow! Yet another reason to keep exercising as we get older, if ever there was one.

It is always great to meet so many of you when I visit the Centres and hear how Gymphobics has made your life better. I hope to see you too. Should you wish to contact me please do so using my email address below. I am always delighted to hear from Members.

Best wishes

Donna X