



DONNA'S MESSAGE

9TH AUGUST 2022

NO. 5

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 Everyone,

Just a quick reminder that the latest issue of our Member's Newsletter called '**Your Health Matters**' has just been published so be sure to collect a free copy on your next visit.

Lots of love

Gymphobics Founder