

The Bothwell Wellness Group Inc
"Keep moving to keep Improving"



The *Bothwell Wellness Group* has had a busy November! Thirty people attended our annual afternoon tea to celebrate the Melbourne Cup. The event raised over \$500 and the usual sale of delicious sponge cakes and slices proved a favourite once again. Thank you to Andy and Karen for organising the sweeps and Tina Horne, Diane Johnson and Brigitte White for co-ordinating the event and creating such a fun-filled atmosphere. A new twist is planned for next year so put it in your diary now!!



Tina Horne is one of our founding members and she will be running a team in the 2019 "Relay for Life" to raise funds for cancer. Why not join in too and make it a New Year's Resolution? Come along to our fitness class each Tuesday to start training for the big walk. Couple it with Janene Glover's Wednesday night class to increase your fitness more!



Our group has participated in the "It's in the Bag" initiative. All these bags are filled with personal hygiene products and will be distributed to women in need. We slipped in a supportive note and hope it will brighten many women's life. We will do this in 2019 too.



We will be back again in next year with our first class starting on Tuesday 6th February at 1:30pm in the Bothwell Town Hall with Paul Hamilton from "All About Fitness". Come along and make 2019 your year to improve your fitness and wellbeing!

Have a happy and safe festive season too.

Jill Bignell | President | Bothwell Wellness Group Inc