

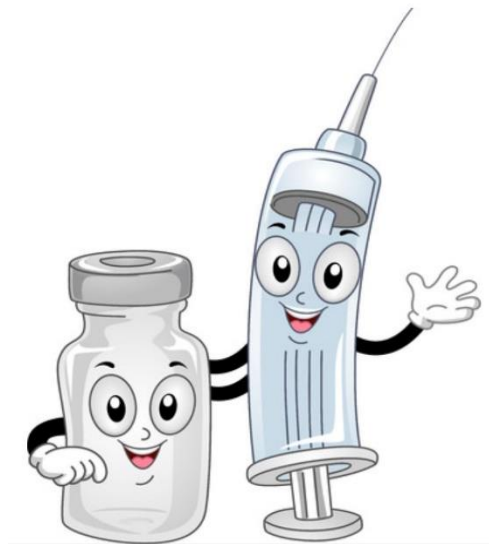
When our Chairperson asked me to "add A New Year Graphic" to her Greeting:

**All Members of the Committee join me
in Wishing You
A Very Healthy and Happy New Year**

Jean probably expected :



But surely wouldn't we all prefer:



"Our first talk for Members in 2021 is entitled, "**Active Ageing**" by Dr Morag Thow.

As usual this presentation will be delivered via Zoom, on **Wednesday 6th January at 2 pm.**

A retired physiotherapy lecturer, Dr Thow was instrumental in setting up a cardiac rehabilitation programme at Gartnavel General Hospital. This became the model which all Glasgow hospitals caring for cardiac patients adopted.

Dr Thow is interested in other ways in which exercise can help health and well-being including osteoporosis and mental health.

This promises to be a very interesting talk and, given its title, has a particular relevance now that many exercise classes are unable to meet and gyms are closed".

I look forward to seeing you on 6th January.

Sincerely,

Jean Stuart
Chairperson