



January's President's Newsletter

Happy New Year and welcome to your January 2020 newsletter. Wow, a new year as well as a new decade. I wish all of you a Happy, Healthy 2020.

I hope you all had a wonderful Holiday Season. It always seems to go by so fast.

As we celebrate a new year, perhaps it would be wise to make some New Year resolutions. I made a couple; one was to lose 8 pounds; another one was to eat only healthy food. So, what are your resolutions? The sky is the limit. Good Luck with your resolutions.

On February 8th there is a Mini Southern Region Conference scheduled at Osceola Regional Medical Center. For more information you can contact Ed Wainright at edwainright@hotmail.com.

A good idea now that cooler weather is here is to start a walking regiment. You can walk yourself into good health. Enjoy the outside beauty. I really enjoy my morning walks and usually walk 5 times each week.

In conclusion, I want to again wish you a Happy, Healthy New Year and hope to see you at our next meeting on January 21st.

Till then... Peace to you all,

Larry