

WFWP Scotland's Women's Coffee Morning attracted women from all nationalities

Harumi Currie
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The Women's Coffee Morning meeting attracted women from diverse nationalities. Ann Breslin as MC kicked off the meeting with a warm welcome and quick introduction of each participant.

Then she explained that a healthy lifestyle starts from inside of ourselves with the desire to be healthy.

She also introduced 10 ways to keep yourself healthy:

- Exercise
- Exposure to sunlight
- Resting
- Thinking positively
- Eating slowly
- Being happy
- Drinking water
- Smiling/laughing
- Praising others
- Let go of stressful stuff

We had a break for a snack and drink and the participants enjoyed light chats.



After the break, Ann guided us through some exercises, and the participants introduced typical exercises from their own countries. The Chapter Leader, Harumi Currie, introduced WFWP, and the guests shared their concerns in their countries afterwards.

Reported by Harumi Currie
WFWP Scotland Chapter Leader