

## WFP Birmingham, UK Health Club Meeting recognizing UN Day for Yoga

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On June 12th, we had our monthly Health Club meeting in my home, attended by about 40 ladies of all ages. To recognise the UN Day for Yoga in June, I gave one session of chair yoga to begin, lasting about 30 minutes, and which everyone seemed to enjoy!



Afterwards, to recognise Refugee Week, a few of our friends shared about their experience coming to this country from Kenya, Burundi and Afghanistan. Then Mary, from the organisation Restore, spoke about her experience befriending a family of refugees from Kosovo. She invested so much heart, taking care of them for more than 20 years. They are now part of her family.



This is one of the projects from our Birmingham Women's Federation, to befriend families from abroad. Such a wonderful initiative to truly help people, but also receiving so much in return. It is all about making friends with and enriching one another...



Finally, with the World Day for Grandparents and the Elderly coming soon, we recognised all those of us who were grandparents, and had a cake to celebrate together! We shared about how grandparents love is a real gift from God, so vital for both grandchildren and grandparents...

We then moved to the kitchen and ate some delicious food from around the world, nurturing our friendship, also making new friends. Friendship is truly food for the soul...

All of us, young and old, left with a happy and grateful heart.

Thank you to everyone who made our time so meaningful...

