



Women's Corona Worldwide Plateau Branch Mauritius

MARCH MONTHLY MEETING

The ladies had a wonderful time discussing the potential candidates to form part of the new committee. Rules and regulations for the AGM were outlined and friendly banter continued over steaming cups of tea and coffee, not to forget the famous snacks of our Gymkhana club.



NEWSLETTER

MARCH 2018

www.coronaplateau.org

UPCOMING EVENTS

AGM MEETING:

Friday 20th April 2018

AGM by outgoing committee and nominations for new committee members.

THOUGHTS OF THE DAY

It's too common to hear
How are you?
What's going on?
How was the day?

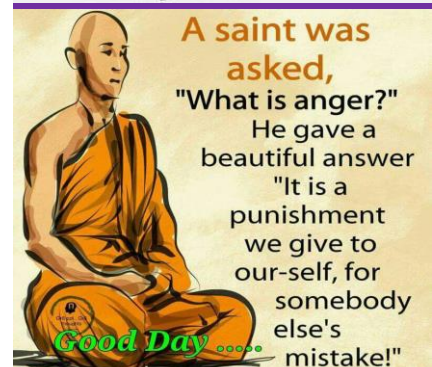
Let us start with
Something different

"Did You Smile Today"?
If not, do it Now

Every Phase In Our Life
Is Bound To Teach Us
Something Valuable...

And It Depends On Us
Whether We Understand
The Lessons Or Just
Turn The Page...

When you're
happy,
you enjoy
the music
But when
you're sad,
you understand
the lyrics.



WOMEN'S DAY CELEBRATION

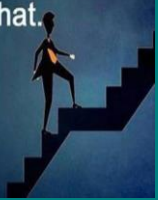
The ladies gathered for High Tea at Meze Fusion Tapas Bar at Bagatelle in all their finery to celebrate womanhood. The array of mouthwatering treats displayed with artistic contemplation was a feast to the eyes. The ladies had a fantastic time over tea and chatter and then of course, the traditional cake cutting to mark the celebration for women.



TODAY'S QUOTES

Just because you took longer than others, **doesn't mean you failed.**

Remember that.



There are two great days in a person's life - the day we are born and the day we discover why.

William Barclay

APRIL BIRTHDAYS



No birthdays have been registered for this month!!!

WHY DRINK WATER?



1. Increases Energy & Relieves Fatigue
2. Promotes Weight Loss
3. Flushes Out Toxins
4. Improves Skin Complexion
5. Maintains Regularity
6. Boosts Immune System
7. Natural Headache Remedy
8. Prevents Cramps & Sprains
9. Puts You in A Good Mood
10. Save Money!

Why do strokes often happen in the bathroom?

This was written by a UiTM Professor with the national sports board. He has been advising people not to wet the head and hair first when showering as this is the wrong sequence. This causes the body to adjust its temperature too quickly because we are warm-blooded. By performing this incorrect sequence, blood rushing up to the head may cause capillary or artery breakage, hence, a stroke and a fall. The right way to shower is to start wetting the body from the feet up to the shoulders slowly. A sensation of vapor coming out of the crown on the head or bristling of body hair may be felt for some people. Follow this procedure then shower as usual. This is especially useful for people with high blood pressure, high cholesterol and even migraine.

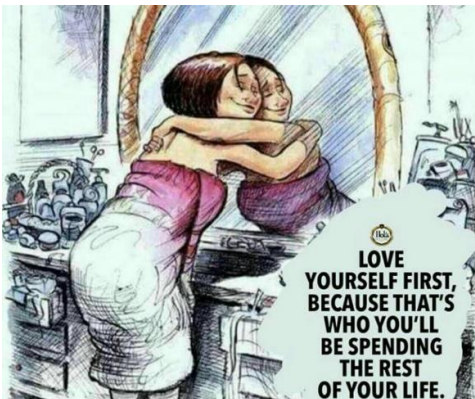
SYMPTOMS OF A HEART ATTACK IN WOMEN:

- Tight, immense pain in the chest with pain in one or both arms, experienced for a few minutes before it goes and comes back again (The most typical symptom)
- Nausea
- Light headedness
- Profuse sweating
- Back pain
- Jaw pain
- Stomach discomfort
- Shortness of breath, with or without chest discomfort

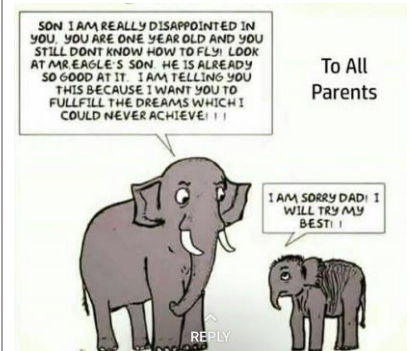
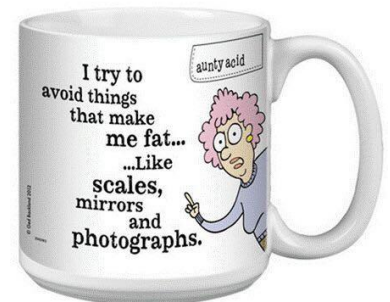
If you are feeling any of these symptoms, call an ambulance immediately. Delay in treatment can lead to irreparable damage to the heart and risk serious complications

Knowing your risk factors will help you manage your disease. Risk factors such as age, race, heredity and previous history of stroke/heart attack cannot be controlled. However, risk factors such as obesity, high blood pressure, smoking, high blood cholesterol, diabetes and lack of regular physical activity can be taken care of.

JOKES AND SMILES TO MAKE YOUR DAY!



Customer: "How much for this dog?"
 Dog dealer: "\$5000"
 Customer: "Is not that too much?"
 Dog dealer: "Is not the dog wonderful?"
 Customer: "Yes, the dog may be too wonderful but is he faithful also?"
 Dog dealer: "Yes sir! He had been faithful, I have sold him seven times and he had always been back within 12 hours!"



LOVE YOUR HUSBAND

When he orders you to make tea or coffee.
 He wants to feel fresh to listen to your nonstop talks
Love him if he looks at all the beautiful females.
 He is just checking that you are still the best.

Love him if he criticize your cooking
 He is still improving his taste.

Love him if he snores at night and disturbs your sleep.
 He is trying to prove that he is the most relaxed person after being married to you.

Love him if he forgets to give you a gift on your birthday.
 He is saving money for your future.

Love him Because...
 you don't have a Choice...
 and killing is a legal offense

