

Hi Everyone,

WSFFM welcomes some new members to our executive committee line-up. We look forward to a fruitful and mutually beneficial working relationship for our organization.

We have a queue of events for the month of May. We will surely keep you posted in our FB and website.

We are also working closely with the universities especially UiTM in some fitness programs. This is one way to approach and encourage younger people particularly the girls to take part in sports and keep fit.






Kee Poh Siew, Editor

Happy Birthday to Datin Seri Noor Sheena and Kee Poh Siew whose birthdays are in May. May you be showered with all things happy, healthy and joyful.

Events in April 2015	
1-2 April	Recce at Gua Musang for “Merapoh Forest Run”. Collaboration between WSFFM and Tourism Pahang. Event is schedule for 31st October 2015. 2 categories – 36km & 18 km. Open to participants 18 years and above.
9 th April	Meeting to discuss Merapoh Forest Run. Meeting is between WSFFM & Cik Sham(Social Media Advisor from Bernama) &Tourism Malaysia Pahang & Kementerian Pelancongan Pahang & Kementerian Krafttangan Pahang & Pelancongan Pahang. Time : 10 am Venue : Restaurant Azareena, Bentong
12 th April	Fit Malaysia Sarawak
19 th April	Dato’ Mohamed Nazir’s daughter’s wedding held at Majestic Hotel, KL
26 th April	Annual general meeting held at Tanah Aina Café from 10.00 am – 12noon
30 th April	MSN Negara- Program Merakyatkan Suruhanjaya Pencegah Rasuah Malaysia Bresama Pejabat Pesuruhjaya Sukan Tahun 2015

Upcoming Events	
5 th May	Invitation to perform Stick2stix at UiTM ‘s XOX event.
6 th May	Wah-Nita! & Introduction of WEP-LEAP Program organized by Women Entrepreneur Network Association. Time: 2.00pm – 5.00pm Venue Conference Room, Level 2, Menara SME Bank, Jalan Sultan Ismail, Kuala Lumpur
7 th May	“Merapoh Forest Run” - Meeting with KP Perhilitan at their headquarters, Cheras.

8 th May	Meeting with pengarah Jabatan Belia & Sukan Selangor on Bootcamp workshop scheduled for 7 th June 2015. Time: 10am
9 th May	NCWO – EXCO meeting will be held as follows : Date : 9 May 2015 (Saturday) Venue : NCWO OFFICE, 26, Jalan 14/29, Seksyen 14, 46100 Petaling Jaya. Time : 9.00 am - 12.00pm
10 th May	Farhana's wedding dinner at Concorde Shah Alam
20 th May	Exco meeting at 8.00 pm at Tanah Aina Café, Shah Alam
21 st – 22 nd May 25 th – 27 th May (5 days)	5 day training workshop- Introduction to Competency- Based Child Protection Practice organized by Malaysian Association of Social Workers & UNICEF Time: 8am – 4.30pm Venue: PBBM training room, No 53A-G, Block E Zenith Corporate Park, Jln SS7/26, Kelana Jaya. Registration : RM 50/pax
23 rd May	"I Volunteer" event organized by UiTM students at Dataran Teluk Kemang, Port Dickson. Time: 11 am – 7 pm
23 rd May	Group Treasure Hunt at Jejak Bentong organized by Majlis Perbandaran Bentong in conjunction with their 10 year anniversary
30 th May	Fit Malaysia at JB
30 th May	Forum – Rogue Cops: Workable Solutions – Police Accountability in Malaysia. Time: 9.30am – 1.00pm. Venue:Straits Trading Building, 2 nd Floor, 2 Leboh Pasar Besar, KL
31 st July-2 nd August	13 th Asian Breast Diseases Association (ABDA) Teaching Course Sunway Putra Hotel, KL
12 th - 26 th 2015 5 th – 19 th January 2016	CALL FOR APPLICANTS FOR THE 8th & 9th EGEP Ewha Global Empowerment Program "Transnational Feminisms and Women's Activism" Ewha Womans University, Seoul, South Korea Application Submission: March 23 ~ April 12, 2015 For more info please go to link: EGEP 8 th -9 th CFA ENG.pdf

Recce day 1 & 2 - for the "Merapoh Forest Run 2015" organised by WSFFM in collaboration with Tourism Pahang. This event will be held on 31st October 2015.	 		
  			






The Fit Malaysia roadshow at Padang Merdeka, Kuching, Sarawak - Sunday 12th April 2015. The occasion was graced by our Sports Minister Encik Khairy Jamaluddin and the Chief Minister of Sarawak, Tan Sri Adenan Satem. Stick2stix took the stage at 11.00 in the morning and saw a big group of participants who enjoyed our Malaysian brand of aerobic workout.



Dato' Hj Mohamed Nasir's (fondly known as DMN) daughter's wedding – 19th April. Wedding reception was held at the Majestic Hotel.



<p>WSFFM's Annual General Meeting was held on 26th April 2015. We welcome 4 new members into our exco lineup. They are Datin Sri Noor Sheena, Tengku Intan Rozita, Noor Hayati, and Mustakim Bin Johari. Congrats to Betrina Yeo who is our new Vice President and Kee, our new Assistant Sec- Gen.</p>	
	

<p>MSN Negara- Program Merakyatkan Suruhanjaya Pencegah Rasuah Malaysia Bresama Pejabat Pesuruhjaya Sukan Tahun 2015 – 30th April 2015 Venue:Dewan Perdana, Institut Sukan Negara</p>		
		

Time-Table for Workout at Ladies' Fitness Centre, Wisma Tanah Aina, Shah Alam
For further enquiries please call: 017 7671988

Day/Time	9.30am – 10.30am	6.00pm – 7.00pm	8.30pm – 9.30pm
Monday	Strictly Aerobics		Masala Bangra
Tuesday			Zumba
Wednesday	Step Up Step Down		Strictly Aerobics
Thursday			Body Works
Friday	Core	Stick2Stix – S2S	