



# CBC Newsletter

**“You can exercise your choice over the action . You are not the author of the results of the action.” -Gita , 2 ,verse 47.**

**Support group meeting  
April 4th 2015**

Exercise your blues away was the theme of the meeting this time. Physical trainer and yoga teacher Mrs. Selvi Chinnasami talked about cardiovascular training, muscle strengthening, and stretches to improve flexibility.

We stood in a line according to Selvi’s instructions and with the enthusiasm like school children practised 5 sets of cardiovascular workouts, shoulder strengthening and stretches.

It was intense and fun too. And most in the group wanted regular sessions and was already fixing up a date for the next program.

One of our members sang “kurai ondram illai” so beautifully . I had tears in my eyes . We are all blessed to be born as humans who can exercise a choice over our actions. Every single day is a gift , every single moment is a blessing! Life is beautiful !!!

We had tea and some yummy cashew pakoras bought by one of the group members .

## Pinkathon



Milind Soman , a super model from Mumbai has been conducting marathons to support breast cancer awareness and to promote a healthy life style. They organised a walk in Chennai for the survivors on April 4th with the delicious south Indian Breakfast at Saravana Bhavan and many participated in the Pinkathon on 12th April.

Lovely sunny bright morning for a run. All participants were offered a free coupon for a mammogram.