



DON'T MISS . . .

25th July – Senior Connect Day at BBM Offices

30th July – ECD Kabembe at BBM grounds.

WORD FROM THE INCHARGE

The incharge emphasis on the daily carrying out of physical exercises to our elderly as well as other individuals. The more they carry out regular exercises, they enable them in disease prevention, lower the risk of heart disease, stroke and diabetes. They too enable in reducing weight management, improve on mental health, improve on stronger bones and muscles. These daily exercises increase on energy that is reducing fatigue and boosting daily stamina. They reduce on pain management, improve on body balance as well as improving a healthier skin.

MUTAALU BERNARD

JULY BIRTHDAY CELEBRATIONS

3rd ERIC KUSINZA

11th SIMON K. KAWOOYA

13th DOREEN NABULYA

14th ELISHA MUKISA

Wishing you all a blessed birthday!

Quote for the Month

“Beloved, I wish above all things that you may prosper and be in health even as your soul prospereth”
[3 JOHN 1:2]

A HEALTHY BODY AND MIND

This refers to the intimate mind-body connection. The idea that our physical and mental well being are deeply intertwined. A strong body supports mental clarity and mood, while a stable positive mind provides the motivation and discipline required to maintain physical health. All these are supported with doing regular physical exercises to maintain body fitness.

Appreciation

During this month of Evangelism, we appreciate the team that goes every week reaching out to people as they preach the word of God and saving many souls.

Stay Connected



www.ageconcern-bbm.org



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