

## Survive & Thrive

I wanted to write a poem  
But am not great with rhyme  
I want to Thank these ladies  
For giving me their time  
Three lovely hosts for Survive & Thrive  
Who really kept us all alive  
Putting on this online course  
Each week a new action plan  
From climbing up Bunkers Hill  
To sticking notes up at will  
From advice on exercise and diet  
And meditation and keeping quiet  
Sharing ideas on the white board  
But I can say I was never bored  
Trying now to deal with emotion  
To all those ladies who have inspired me  
I think I found a new family  
I hope you all continue to be well  
And as Pascaline would say "Joyeux Noël"

