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**EMBRACE RETIREMENT**

*Crafting your Perfect Retirement Blueprint*

Online Workshop by **Top Coach MARIA PONTES**

6 & 7 JUNE Tuesday & Wednesday  
7:30 pm - 9:00 pm

Zoom **Rs. 299 only** **WHATSAPP TO REGISTER 99875 48611**



## ABCs of Retirement

**Activeness**  
To improve your ability to do everyday activities  
LEARN what to do after you RETIRE

**Accessibility**  
To actively participate in our society

**Attachment**  
To learn positive ways to manage relationships

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**HALF-TRUTH**  
Retirement is boring

Share with someone who is soon going to be retired

**FULL-TRUTH**  
Retirement can be made interesting by spending time doing recreational activities

Get TIPS from Top Coach Maria Pontes

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## 10 HUGE RETIREMENT TRAPS TO AVOID

- Identity
- Purpose
- Housing
- Overwhelmed
- Partner Alignment
- Solo
- Plan B
- Boredom
- Comfort Zone
- Structure Routines

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**Do a QUICK 5-4-3-2-1 REFLECTION over your Life**

Don't forget to leave your comments!

- Which **5** activities made you the happiest?
- What **4** things are you proud of **accomplishing**?
- What **3** mistakes did you learn from?
- Which **2** people do you want to spend more **time** with?
- What **1** hobby you like the most?

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### BREAST CANCER Awareness Month

#### Foods that help prevent Breast Cancer

- Flax seed
- Galangal
- Pomegranate
- Green tea
- Pepper
- Garlic
- Onion
- Curcuma
- Mushroom
- Cabbage
- Seaweed
- Soy milk

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## DECATHLON

### AGE GROUP CHAMPIONSHIP

UNDER THE EGIES OF MSDCA

**AGE GROUPS**  
U08, U09, U10, U11, U12, U14

**DATE**  
8<sup>TH</sup> MAY 2022  
(SUNDAY)

**PRIZES**  
1<sup>st</sup> Trophy  
2<sup>nd</sup> Trophy  
3<sup>rd</sup> Trophy  
4<sup>th</sup> Trophy  
5<sup>th</sup> Trophy  
6<sup>th</sup> to 10<sup>th</sup>: Medals  
Best Girl Trophy  
Time Control:  
15mins + 3secs increment

**ENTRY FEE**  
Full Day: 200/-  
On-Spot Entry: 400/-  
(Limited entries will be accepted)  
(Boys and Girls Play Together)

**TOURNAMENT SESSION**

<b>MORNING (Session: A)</b> U-8, U-10, U-12	<b>AFTERNOON (Session: B)</b> U-9, U-11, U-14
--	--

**ELIGIBILITY**

U-08 (Born on or after 31st Jan 2014)	U-09 (Born on or after 1st Jan 2013)
U-10 (Born on or after 1st Jan 2012)	U-11 (Born on or after 1st Jan 2011)
U-12 (Born on or after 1st Jan 2010)	U-14 (Born on or after 1st Jan 2008)

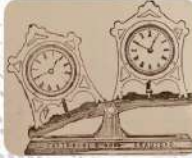
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Saumil Shinde 8149688038

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**“**  
If you wish to succeed, you must brave the risk of failure.  
**”**

—Garry Kasparov



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## Guess who is moving on each Board!




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Beginner's Level

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## DYSGRAPHIA RED FLAGS



- ★ Avoiding tasks involving writing or drawing
- ★ Unusual body or hand position when writing




[www.livingwithdyslexia.in](http://www.livingwithdyslexia.in)




## WHAT DYSLEXIA IS NOT

Dyslexia is not a visual problem.



[www.livingwithdyslexia.in](http://www.livingwithdyslexia.in)



## BROAD SIGNS OF ADHD

- ➔ Difficulty remaining still
- ➔ Problems playing quietly
- ➔ Unfinished tasks



[www.livingwithdyslexia.in](http://www.livingwithdyslexia.in)




## Dyscalculia Tip Off


### Map reading difficulties




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## A person with autism has a distinct set of strengths and challenges.



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- Do not flush
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**-HIRAL (Mumbai)**

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For the past few months, I have been using Staygreen and am quite impressed with the quality of their product. It actually is rashfree and very comfortable. Also, there's no foul smell.

**Navneet Kaur (Mumbai)**

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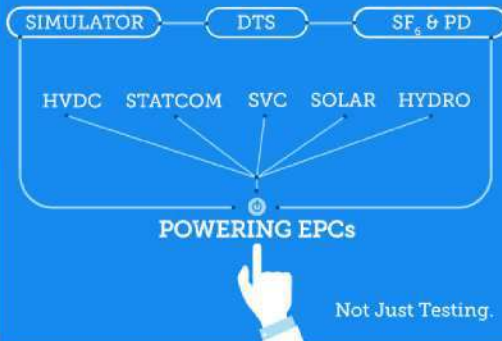
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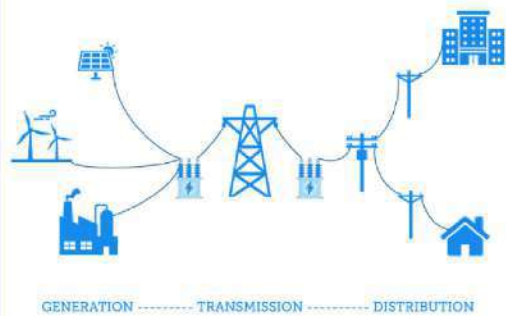
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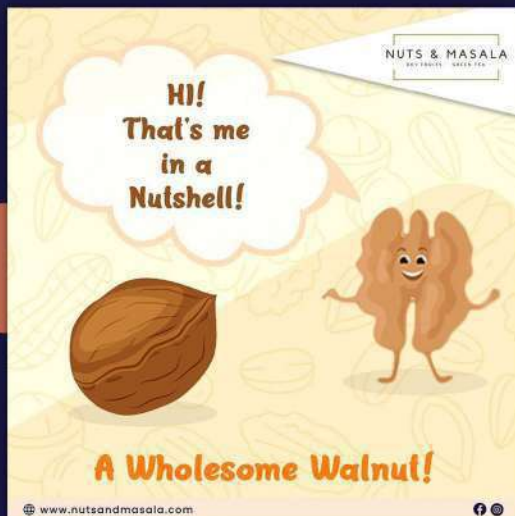






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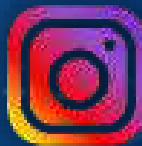
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