



Malaysian Menopause Society

MMS 2019 Hiking Expedition

Sub-Committee Chairperson (MMS Hiking Expeditions): Ms. Lim Ai Loon

Be the first 20 to take on the challenge in the inaugural MMS 2019 Hiking Expedition at Ah Pek Hill, Cheras.

Date : 15th June 2019 (Saturday)

Time : 8.30 am – 12noon

Venue : Ah Pek Hill. (Mdm Mary Yong will share waze location via WhatsApp)

Register now: **Mdm Mary Yong 010 – 968 0089 (WhatsApp/call) Mon-Fri:9am-5pm**



Ah Pek Hill entrance.

We meet at the Entrance at 8:30AM.

Come after a light breakfast, and wear good walking shoes.

Bring your own water, cap, towel & rain coat.
Walking poles are optional.

A simple lunch will be provided.

