



# Malaysian Menopause Society

## *MMS 2019 2<sup>nd</sup> Hiking Expedition*

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

Be the first 20 to take on the challenge in the 2nd MMS 2019 Hiking Expedition at Ah Pek Hill, Cheras.

Date: 21<sup>st</sup> September 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 sharp.

Come after breakfast with good HIKING shoes. This is a challenging trail so participants must be physically fit and hiking is at own risk.

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

A simple lunch will be provided.

