

## A Poem for my Atkins Family

Christmas is a very special time of the year  
To send greetings to those we hold dear  
So I say to you all a big thank you  
For helping me the way that you do



Every Monday morning I have a gym session with Jess  
Always a smile on her face, she certainly is one of the best  
She supports me and guides me to improve my health  
And for me that's more important than wealth



On Tuesday I see the Boss Man Max  
He never gives me any time to relax  
I know that he does it for my own good  
So I try really hard, as I know that I should

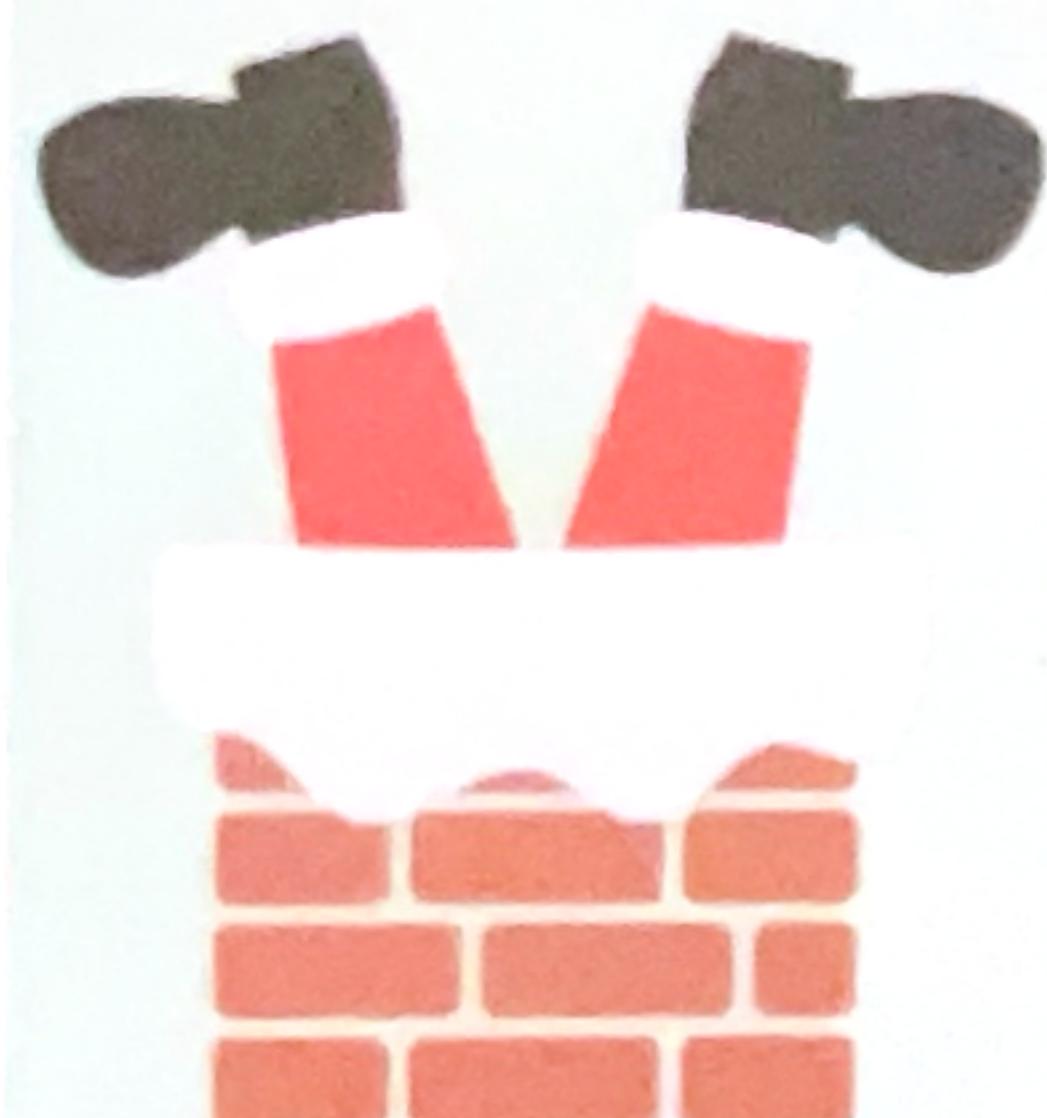
On Thursday I see the family man Carlo  
His gorgeous son is on many of his photos  
He is very caring but he makes it hard work  
So every session I try not to shirk

Next there is Bailey who always says  
Hi June and how are you feeling today  
I almost always say I'm fine but some days I am not  
That's where he comes to be a great shot



The physio, George is as English as his name  
Has now come and joined in my little game  
He knows how to make me feel so good  
In teaching me to breathe as I should

Out with the old and in with the new  
These are the things we wish for you  
Merry Christmas and a Happy and Healthy New Year  
Not only for you but for those you hold dear



MICHAEL AND MYSELF WISH YOU AND YOUR LOVED ONES A VERY  
MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Written by June Shaw  
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