Hi

I hope you had a good weekend.

**BC Group**

As mentioned we are now moving to meetings on Monday and Friday and the BC team update emails will follow a similar pattern.

**Wellness**

As food supplies approach pre-virus levels in most areas, here is a link to a helpful article about foods to help support a health immune system.

<https://blog.myfitnesspal.com/15-rd-approved-foods-to-support-a-healthy-immune-system/>

**Competition time**

Here is a link to the video showing the tea trolley challenge in action. It is a fairly large file so I suggest that you cut and paste it into your local browser or your phone to view it.

<https://youtu.be/7Y8Xo3GMYz8>

Well done to **Jill** with the winning guess of 1 minute 15 seconds.  Well done Jill.

The whole process left me respecting Tracy even more!  We miss you Tracy and our tea/coffee deliveries!

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| COVID-19 - At AA Thornton we are well equipped to proceed with business as usual, and to provide uninterrupted, high-quality service to our clients. Please click [here](http://www.aathornton.com/covid-19/) for our latest update. | |

