



“Deb’s Ditties”

WALKING ON THE GRASS

The room was full of pregnant women with their husbands.
The instructor said, "Ladies, remember that exercise is good for you.
Walking is especially beneficial. It strengthens the pelvic muscles and
Will make delivery that much easier.
Just pace yourself, make plenty of stops and try to stay on a soft surface
Like grass or a path."
"Gentlemen, remember -- you're in this together. It wouldn't hurt you to
Go walking with her. In fact, that shared experience would be good for
you both."
The room suddenly became very quiet as the men absorbed this
information.
After a few moments a man, name unknown, at the back of the room,
slowly
Raised his hand.
"Yes?" said the Instructor.
"I was just wondering if it would be all right, if she carries a golf bag while
we walk?"
Brings a tear to your eye, doesn't it.
This level of sensitivity can't be taught!

If you have any jokes you would like to share, please email Debbie at
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