

WHMP: 10 April 2017

10 Monday
I was off set for now today at the Loyal MacEwan hospital again. The music theory class I normally post in was full so I had to post in the open air rooftop. It made me think back to when I first worked the hospital in July last year. I had one of the volunteers take and as it was the furthest possible piece away by the time I got to the admin department I was like a huffing-puffing steam train to the point a random doctor asked if I was actually ok. Today I hest or there some distraction point and I walked from one end of the hospital to the other with ease and using all the stairs instead of the lifts. Such a nice feeling walking for the health department and actually feeling not like a hypocrite with my former self being a picture of unhealth. I've still got a long way to go but today I am closer to my goals than I was yesterday.

