

From: Richard Kahn <[REDACTED]>
To: Lesley Groff <[REDACTED]>
Subject: Re: Tess will clean 7J after 2:30 today
Date: Thu, 18 Aug 2016 13:26:05 +0000

Yes definitely a wake up call. Tell Ike colonoscopy is a good rest. I have had a few of them as j also have family history. You are a super young fit cool 50. 50 is the new 30...

Sent from my iPhone

> On Aug 18, 2016, at 8:49 AM, Lesley Groff <[REDACTED]> wrote:

>

> Of course! Gosh in light of Lyn I get up each morning grateful for life. Really puts things in perspective! Ike is going for a colonoscopy on Monday!! I'll do it soon too. I'll be, ugh, 50 in October. Ike has family history. He is only 47.

>

> Sent from my iPhone

>

>> On Aug 18, 2016, at 8:38 AM, Richard Kahn <[REDACTED]> wrote:

>>

>> That running class is so challenging that I have not had similar pain from hill work since the marathon. You both will love it. Yes the gym craze keeps growing and growing.

>>

>> Yes anxious to see results from today's test as I am viewing it all as precautionary. Will keep you posted. Thanks for thinking of me.

>>

>> Rich

>>

>> Sent from my iPhone

>>

>>> On Aug 18, 2016, at 7:59 AM, Lesley Groff <[REDACTED]> wrote:

>>>

>>> I was thinking about that class again...my sister did a similar type class but on something like an elliptical...she said it was awesome. I love that they are coming out with all these variations...makes exercising, which can become mundane over time, more fun...

>>>

>>> ...and I think the test you are doing will actually provide you with quite interesting information...but all good information I am hoping...

>>>

>>>> On Aug 18, 2016, at 7:55 AM, Richard Kahn <[REDACTED]> wrote:

>>>>

>>>> Thank you. Yes nice incline work. Did that mile high running class again yesterday. You or Ike have to try it....

>>>>

>>>> Sent from my iPhone

>>>>

>>>>> On Aug 18, 2016, at 7:49 AM, Lesley Groff <[REDACTED]> wrote:

>>>>>

>>>>> Hi Rich...Tess will clean 7J after 2:30 today...

>>>>>

>>>>> thinking of you and your nuclear stress test! (I guess you will get your work out in along with the test ;)

>>>>>