

Fitness for a Cause

Tai Chi In the Park



Improve your health and fitness, and
the lives of others at the same time.

Classes in fitness and conditioning exercises from
taijiquan, baguazhang, silk-reeling and various
qigong forms, held in Woodland Park, Essendon.

We are raising money towards the purchase of a
Ranger Motorcycle Ambulance, equipped with
stetcher-sidecar to service the hospital in
Gimbié, Welega, Western Ethiopia.

Suggested donation ~\$10/class

8—9:30am Tuesdays and Thursdays
From 3rd—31st of January

For additional information, please
phone Steven, at Seven Stars Shiatsu
on 9382-0348 or (0413) 727-899,
or visit us on the web at:

<http://www.sevenstarshiatsu.com.au/>

COME AND GET FIT FOR THE NEW YEAR!