



# FEEL GREAT IN 2008

A Fundraising event for Rosie's Helping Hands

## NEW YEAR RESOLUTION?

**Get Fit**

**Lose weight**

**Stop smoking**

**Enjoy life more**

**Re-motivate yourself  
with expert one to one  
Consultations.**

**Plus ideas and tips on  
Reducing stress**

**Looking good & enjoying life more**

## Circus Skills Workshop

Have a go at juggling, spinning plate and unicycles

**A fun & informative event for men and women**

**Wednesday 20th Feb** at The Kompass Suite, Masonic Hall

The Green, Aldridge from 7pm to 10pm.

Entry by ticket only £5.00 each

**For tickets contact Karen Ross 01922 456398**

E-mail: [rosiescharity@blueyonder.co.uk](mailto:rosiescharity@blueyonder.co.uk)

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[www.rosieshelpinghands.org](http://www.rosieshelpinghands.org)

Forever Living Products

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Virgin Vie Cosmetics

Personal Fitness Trainer

Holistic Therapists