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Beginners' dance classes set to commence

WANT to dance but have never had the confidence?

Or would you like to brush-up on your dancing skills?

The Mandurah Ballroom Dance Club Inc is about to recommence its beginners'

classes in modern sequence and new Vogue dancing, which will be held each Thursday with a starting date to be confirmed. The classes will cost \$10 and be held at the Mandurah Naval Cadet Hall,

Thisbe Drive, Dawesville, between 10am-noon. The Mandurah Ballroom Dance Club Inc is a not-for-profit organisation which has been operating for 22 years.

At the moment, the club's

weekly dance is held at the Masonic Lodge, Furnissdale Road, Barragup on Wednesday evening from 7-10pm, which includes 30 minutes of instruction for three weeks of each month and on

a Tuesday evening on the fourth. Everyone is welcome to attend and there is no requirement for club membership.

The club guarantees an enjoyable evening of dancing to beautiful music in a won-

derful venue. The cost is \$10 a person. To register interest in the beginner or weekly classes and for more information, phone either Doris on 9537 7503 or 0439 446 221 or Ken on 9582 1174 or 0457 696 001.

Revolutionary new car phone cradle minimises distraction

THE Strike Alpha Car Cradle is the most advanced phone cradle yet minimising driver distraction while enhancing user experience, and it's now available at the Telstra Shop in Mandurah.

The law states it's illegal to hold a mobile device while operating a vehicle. Drivers are only allowed to use a mobile phone to make and receive phone calls if the phone is secured in a commercially available cradle which is fixed to the vehicle. It is not rare for a driver flouting the law to be fined \$250 and lose three demerit points.

The Strike Alpha Car Cradle is Australian designed, engineered and manufactured.

It is fully compliant with Australian road laws and will not only minimise driver distraction but enhance the experience.

The cradle is designed to fit the user's phone perfectly. It has a flush passive antenna coupler which can be linked to

an external antenna to boost your phone's signal especially in rural areas, eliminating black spot problems.

It is also the only car cradle with an embedded Near Field Communication (NFC) chip. This feature lets users automate their phone's functions such as opening chosen apps when the device is docked. Exclusive to NFC-enabled phones.

The Strike Alpha is compatible with all Bluetooth car kits and it can be used with any entertainment unit or computer.

The Strike Alpha Cradle is available for a professional installation or for an easy DIY installation. It accepts 12/24 volt charging which makes it great for both cars and trucks.

To buy the Strike Alpha Car Cradle, visit the Telstra Shop in Mandurah at shop 51 Mandurah Centro, 318-330 Pinjarra Road, Mandurah.

Help for all foot problems

CORNS and calluses are a thickened, yellowish plaque of skin often found in places where there is friction or pressure. Corns are smaller than calluses and often have a central core of keratin while a foot callus is a more diffused, flattened area of thick skin.

Sometimes soft corns may form between the toes where the skin is moist from sweat or inadequate drying.

These appear white and rubbery and are also caused by excessive friction.

Corns and calluses can be painful and debilitating.

Pain on weight bearing is often the chief complaint. If left untreated, they can lead to ulceration and/or infection of the affected area.

What causes calluses and corns in the feet? Uneven weight distribution and abnormal foot mechanics; poorly fitting footwear; excessive standing and walking; bunions; claw toes; arthritis in the feet.

Who gets calluses and corns? Almost everyone. Some people have a natural tendency to develop calluses because of their skin type.

For instance, elderly people who have less fatty tissue and elasticity in their feet, people with arthritis in their feet, people who work in occupations requiring them to spend a lot of time on their feet, and people with dry skin.

What is the treatment?

Removal of the hard skin by paring it. This is relatively painless and the pain can be relieved within 48 hours, if not sooner.

Better fitted footwear: foot insoles/orthoses to counteract the abnormal foot mechanics and provide better cushioning.

For corns in between the toes, custom-made interdigital toe dividers are useful.

Over-the-counter remedies such as corn paint or plasters must be avoided in people who have diabetes, poor circulation, peripheral neuropathy, poor eyesight or have difficulties reaching their feet.

For further information on this condition or any other foot problems please call Hung and his friendly staff at Peel Podiatry Clinic 9586 3046.

Do you want to keep your brain active, your body moving and make new friends?

Why not learn to Dance

The Mandurah Ballroom Dance Club Inc

is proposing to run **BEGINNERS CLASSES** in Modern Sequence and New Vogue dancing provided there is sufficient interest.

Where: Mandurah Naval Cadet Hall, Thisbe Drive, Dawesville (Opposite Port Bouvard Bowling Club)
When: Thursdays: 10.00am -12.00 pm
Cost: **\$10.00** per person (tea, coffee and biscuits provided)

To register your interest, please contact: **Doris Somerville** on **9537 7503** or **0439 446 221** or, Ken Hill on **9582 1174** or **0457 696 001**

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STRIKE ALPHA CRADLES

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- Intelligently designed to hold, charge and boost your phone signal
- Integrate seamlessly with any Bluetooth car kit or entertainment unit
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- Automate your functions through NFC
- Boost your signal and connect your Alpha cradle to an external antenna
- Phone case supporting cradles available
- Cradles for DIY and professional installation available
- Get legal with Strike Alpha
- 3-year unlimited KM warranty



Peel Podiatry Clinic
LOCALLY OWNED & OPERATED
Special Interests:
• Ingrown Toenails • Heel spur • Foot orthoses

Painful Corn? We can help.

For all other foot & ankle problems or any other queries, please feel free to call our clinic on 9586 3046. All queries will be attended to.

Peel Specialist Centre
Located at 4, 32-36 Minilya Parkway, GREENFIELDS.
T: **9586 3046**

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