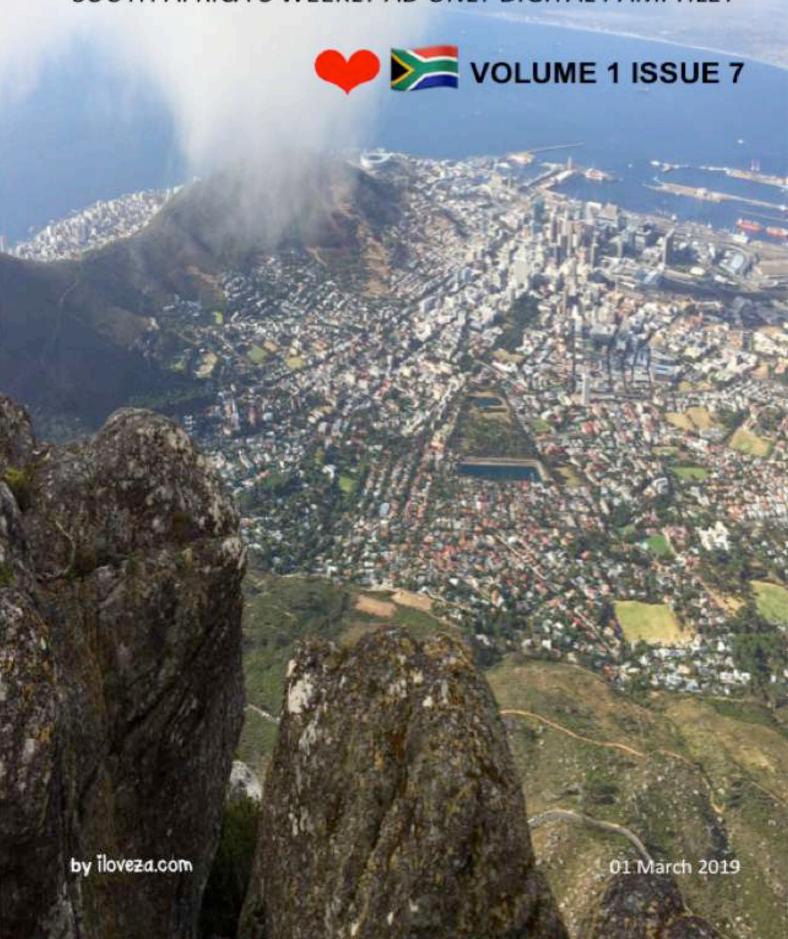
# ADDICTED TO ZA

SOUTH AFRICA'S WEEKLY AD ONLY DIGITAL PAMPHLET



# WIN



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#### **BOOK YOUR APPOINTMENT**

Email:info@opti-wot.co.za whatsapp /call 083 738 1657 Insta: Opti-WOT



#### WALK FOR A GOOD CAUSE

### Epilepsy Purple Day

DATE: 24 MARCH 2019
TIME: 10 AM - 12 PM (ASSEMBLE #9H30 AM)
VENUE: 484 DAN TLOOME RD, TEMBISA, JHB
DISTANCE: 2.8KM

AT 9H30 WE WILL ASSEMBLE AT T-SHAD COMMUNITY HALL.10 AM OUR AWARENESS WALK WILL COMMENCE 1.4 KM TO EKUHULERN PARK, AT THE PARK WATER STATION WILL BE AVAILABLE WITH A FIRST AID DEMONSTRATION. LASTLY A WELL KNOWN DJ WILL PROVIDE ENTERTAINMENT.12H30 WE WILL WALK 1.4 KM AND RETURN TO T-SHAD COMMUNITY HALL.

Contact Person:Tania Van Heerden 0837105927 epilepsyawarenesspurpleday.za@gmail.com

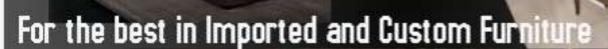


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Our comprehensive range of contemporary yet still classic comfort food varies from regular/simple burgers to a gourmet range of burgers, pizzas, subs, sandwiches and shakes.





#### WE DELIVER! CALL US OR FIND US ON







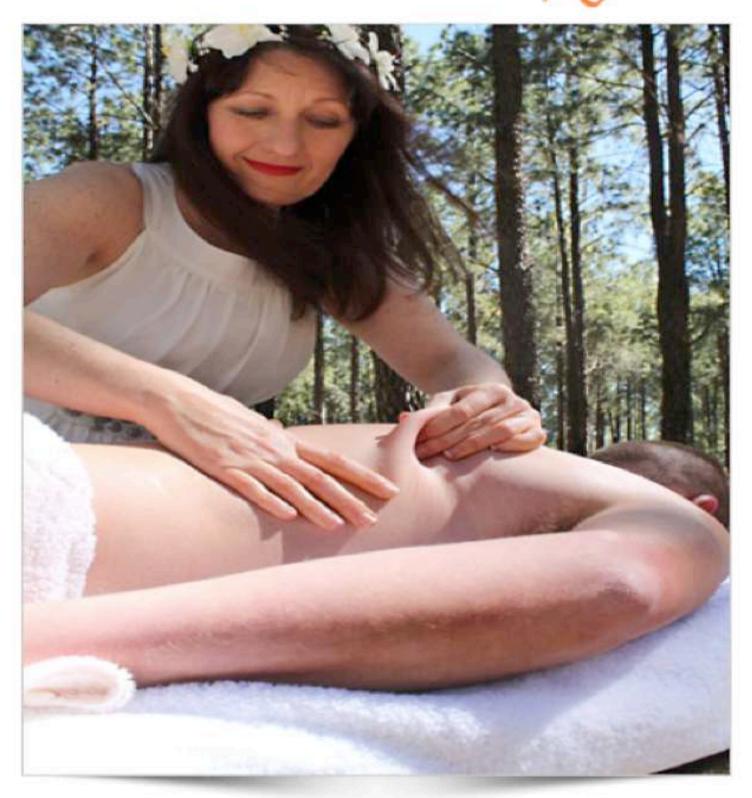


@lunchbox\_dbn

DON'T FORGET TO TAG YOUR FOODIE PICS WITH #LUNCHBOXDBN TO BE FEATURED ON OUR SOCIAL MEDIA

ALL FOOD IS HALAAL (MUSLIM OWNED) 25 BAZLEY AVENUE, SYDENHAM, DURBAN (OFF RANDLES ROAD)

# BODYWORK



Tania Van Heerden MASSAGE THERAPIST Sandton | 083 710 5927 |www.bodyworktherapy.co.za



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Removal of Spells, Curses, and Negative Entities

#### **Contact Rubina Ghoor**

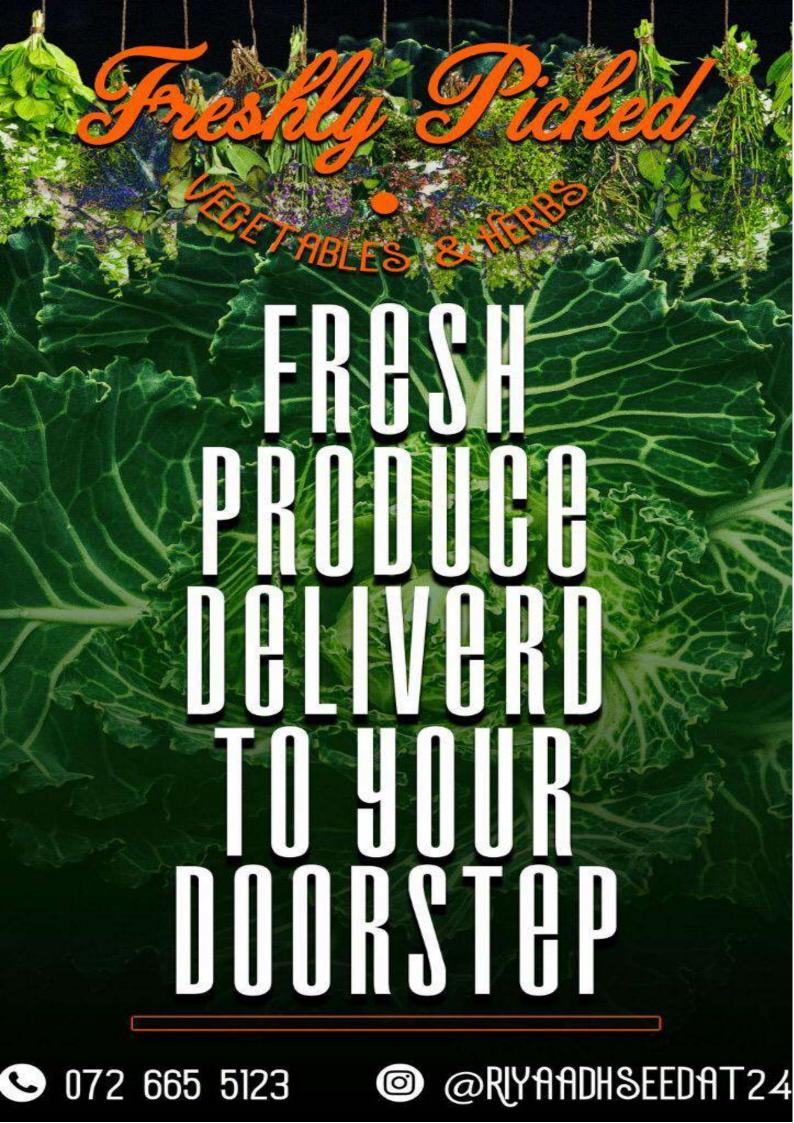
https://heartnetsa.co.za

179 Jacaranda Road, Kyalami AH 1684 ,Johannesburg South Africa Email: rubina@heartnetsa.co.za/ maryam@heartsnetsa.co.za

helping you build and strengthen your connection to the Source.







#### THE SOCCER STUDIO®

The Soccer Studio \* (TSS) is a football development school with innovative and fun coaching methods for young footballers.







#### WHAT ARE WE ABOUT?

The Soccer Studio \* (TSS) is a brand new football school that has turned 1 year old in April 2018. TSS has been created with the idea of providing high quality training sessions to players aged 4 - 14 years and ensuring development is done correctly. One of our mottos are develop first and winning will come naturally and this is something that The Soccer Studio \* really strives towards. We pride ourselves on the quality of training and our number one goal is to ensure players improve with each passing session. We also take videos of players and upload them on social media networks such as YouTube, Instagram and Facebook for greater exposure.

The Soccer Studio \* (TSS) is the grassroots development structure for Hola Skoko Football Academy.



#### **CORE SERVICES**

- Fundamentals of football are focused on such as correct techniques of passing, receiving, dribbling, shooting, heading and goalkeeper training which is extremely important for ages 5-14.
- Video submissions on world wide platforms.
- Ball Mastery (being comfortable on the ball and mastering certain techniques).
- · Basic forms of attack and defense.
- Training sessions designed around the fundamental factors of performance at grassroots level.
- SAFA accredited coaches (SAFA D and C License Coaches).
- Focus on the Long Term Player Development Model (LTPDM)
- · Football reports done for each player



#### TRAINING SCHEDULE

The Soccer Studio \* (TSS) training begins on the 4th February 2019 (Monday at 7:00pm) at Lenasia Model Primary School.

The coaching program allows for a maximum of 15 players in each division.

The sessions are planned by each coach and run accordingly.

All sessions MUST incorporate speed, ball mastery, 1v1 and small sided games.

Training sessions are 60 minutes long.

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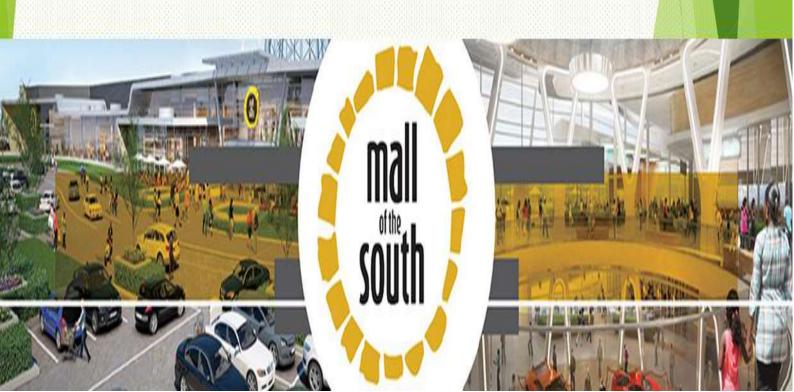




@MochachosMOTS









## Live With Purpose

FERTILITY COACHING WITH FATIMA GOGA

Fertility coaching sits beside and enhances any clinical, medical and natural interventions that may be undertaken while undergoing any fertility treatments.

\*Should you wish to book a session or you have a loved one who would like to book a fertility coaching session, please email me during business hours ( 9am to 4pm )\*

lifecoachingwithfatima@gmail.com

\*Based in Durban for one on one sessions but conduct telephonic/ Skype (Nationwide and International)\*

#### **CLOUD NINE PILLOWS ON SALE**

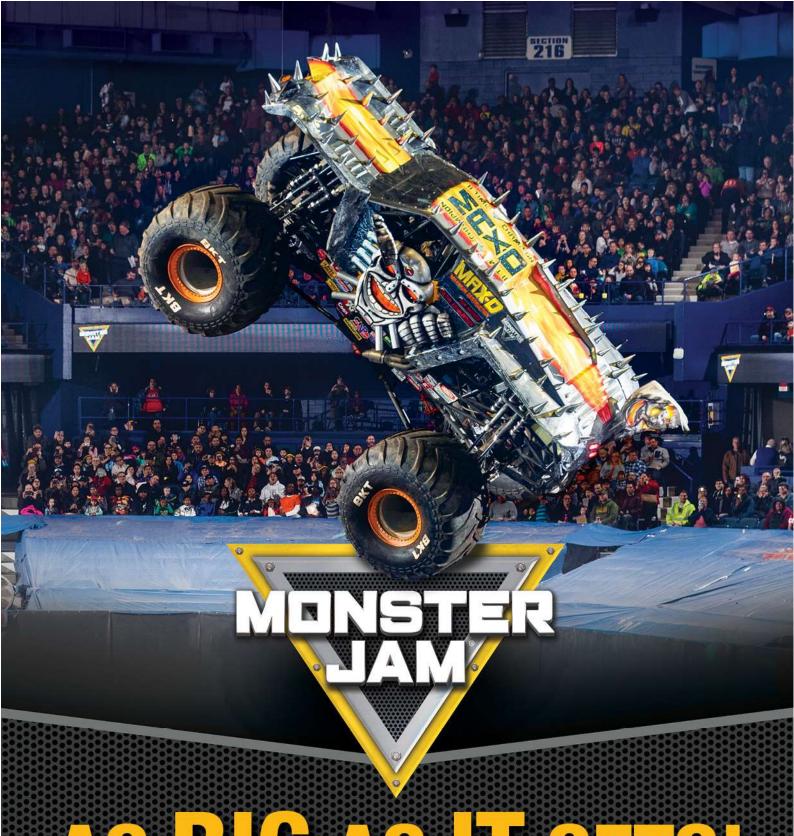
i-sleep Memory Foam
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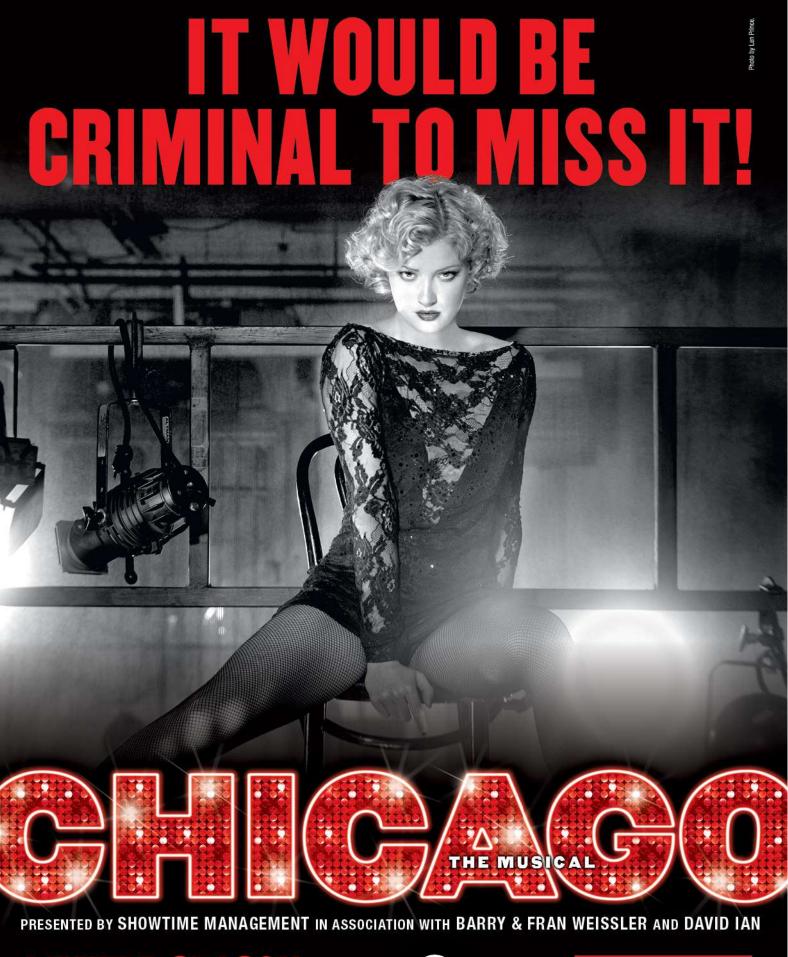
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