



Jour favourite SWEET SPOT is now open



UNREAL BREAKFAST

SERVED DAILY TILL 11AM

2 Fried eggs, 2 slices of grilled spiced beef & fried tomato. Served with chips, 2 slices of toast, jam & butter.

3490



www.spur.co.za Customer Care: 0850007787

SAN ANTONIO SPUR Cinema Level, Sandton City Mall. 010 593 4665





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



COUNSELLING, LIFE COACHING & NLP

OPTI-WOT (THE OPTIMISTIC WAY OF THINKING)

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BOOK YOUR APPOINTMENT

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



WONDERBOOKS

Childrens Books and Educational Products

Samira Ramadaan - Early Childhood Practitioner

6 078 677 9892

wonderbooks_sa

POLO SOCKS ON SALE

Mens Polo Socks (Fits Size 7 - 10)

R85 a pair OR R350 for 5 pairs

NB! Colours may vary





Y----

LE KREAMERY

GOURMET EATERY | PIZZERIA | DESSERT & COFFEE LOUNGE



135 MUSGRAVE ROAD, DURBAN 0312012826

CLOUD NINE PILLOWS ON SALE

i-sleep Memory Foam
R650 each OR R1200 for 2
Arctic Blue Memory Foam
R650 each OR R1200 for 2
strandmattress
MEMO-FLEX & Strandfibre
R200 each OR R350 for 2







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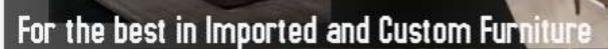


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HIRSCH'S Learn to meal prep like a boss

Join us for a fun and interactive session with Natasha Kisten-Skuce who will be demonstrating how to prepare 5 different meals in one hour. Bring the kiddies to join in on our Defy cooking class where they will be decorating cupcakes and pizza.

Date: 23 March 2019 **Time:** 11:00 – 12:00

Venue: Hirsch's Fourways, 1 Forest Rd,

Fourways.

Free of charge, but booking is essential. Please RSVP with Marjone on marjone@hirschs.co.za or 083 456 5387







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ADVERTISE YOUR BUSINESS IN THIS DIGITAL PAMPHLET **NEXT WEEK** CONTACT howzit@iloveza.com +27 71 141 5344 @ilovezacom www.iloveza.com

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