

# ADDICTED TO ZA

SOUTH AFRICA'S WEEKLY AD ONLY DIGITAL PAMPHLET



VOLUME 1 ISSUE 9





**NOW  
OPEN**  
THE ZONE  
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*Your 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.

**34<sup>90</sup>**



[www.spur.co.za](http://www.spur.co.za)   Customer Care: 0860007787

Ts & Cs apply. Available daily until 11am. Cash only. Not in conjunction with other promotions.  
The visuals are for descriptive purposes and meals served could vary.

**SAN ANTONIO SPUR**  
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**Steak  
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**A taste for life**





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](mailto:epilepsyawarenesspurpleday.za@gmail.com)



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**Marriage preparation & enrichment**

**Personal development**

**Self esteem & confidence**

**Goal identification & achievement**

**Motivation & holistic wellness**

**Support groups**

## **BOOK YOUR APPOINTMENT**

**Email: [info@opti-wot.co.za](mailto:info@opti-wot.co.za)**

**whatsapp /call 083 738 1657**

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Samira Ramadaan - Early Childhood Practitioner

☎ 078 677 9892

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# POLO SOCKS ON SALE

Mens Polo Socks (Fits Size 7 – 10)

R85 a pair

OR

R350 for 5 pairs

NB! Colours may vary

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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](mailto:marjone@hirschs.co.za) or 083 456 5387



This school holidays, don't be bored – we have you and the kids covered with exciting in-store activities.









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IN THIS DIGITAL PAMPHLET  
NEXT WEEK  
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