

Active healthy lifestyle

We bring to you The exciting Active healthy lifestyle, four hours of fitness and Energy balance

Join us as we raise the bar of a health and active lifestyle, this is a continuation of our annual Women's walk - SHE WALKS

Activities

- Aerobics
- Step
- Fierce (African Dance)
- Zumba

We are inviting:

- Schools
- Youth organisations
- Community groups
- Cultural and Sporting bodies
- Development NGOs
- Private companies
- Media and other organisations
- Individuals

Active Lifestyle is in aid of the health and well-being of the younger generation donate (a minimum of R20) to Blossom Beauty Princess Foundation

www.blossom-beauty.org

Dates: 24 November Maponya Mall and 1 December Mamelodi Rethabile Sport Grounds

• Time: 10:00 AM - 2:00 PM

RSVP Projectmanager@blossom-beauty.co.za

Powered by Virgin Active and Hydrated by Coca-Cola South Africa

Date: 24 November 2012

Time: 10:00 - 14:00

Venue: Maponya Mall, Johannesburg

Cost: Free event/Donation appreciated

More info:

Directions please contact Mpho / Sabelo (082 632 6264 /073 212 7470)

Date: 01 December 2012

Time: 10:00 - 14:00

Venue: Mamelodi Rethabile Sport Grounds, Tshwane

Cost: Free Event/Donation appreciated

More info:

Directions please contact Mpho / Sabelo (082 632 6264 /073 212 7470)

For more, visit: <https://www.bizcommunity.com>