

Want to get SIX MONTHS FREE membership at your favourite gym?  
I am looking for more properties to sell and any referral that leads to a listing and sale is eligible for the offer. It can be your own home, a friends or a relatives.

## Verity Atkinson

Sales and Marketing Consultant

**P** 322 1197 **M** 027 2735 986

**E** verity.atkinson@harcourts.co.nz

www.fourseasons.harcourts.co.nz



## Feel Fab and Look Great How to look 10kg lighter!

Ticket are available through WIM for this entertaining session now to be held on:  
**Sunday 24<sup>th</sup> May**  
**1.45 pm City central venue**  
**\$45.00 PP**  
**\$25.00 for those on current 20 week challenge**  
**More info at WIM studio**

### SWEET TOOTH?

**Chromium** is an essential element involved in carbohydrate metabolism and may be beneficial in helping manage cravings for sweet foods  
Rhonda has been using the capsules for several weeks and is convinced they have helped reduce her desire for sweet foods.

**AVAILABLE NOW at WIM**  
**JUST \$10.50 - 90 day supply**

## Homoeopathy Information Evening

Ever wondered what it's about and whether homoeopathy may be right for you?  
If you have tried many things to manage a health issue and nothing seems to work maybe homoeopathy is the answer.

**Ramana Venata Dip. Hom.(NZ)**  
Will be holding an info evening at WIM on  
**Thursday 16<sup>th</sup> April 7.00pm**  
**ALL Welcome**  
**Tea & coffee provided**

## Personal trainer Deb Wilson

Is offering a 2 x 30min small group training session **FREE** to Thursday 16<sup>th</sup> 12.00midday and again at 3.00pm

Exercises that **target the BUTT!**

Each session is limited to 4 so get registered @ WIM reception **NOW**.

*Sorry, not available to Debs current or past clients.*

Haven't been in for a while? Come see what's new: Reception counter, children's play area re-fenced, and watch out for future developments, and programmes.

Easter Hours  
Closed Friday  
Sat 8-1pm  
Closed Monday  
ANZAC Day Saturday 25<sup>th</sup>  
April studio will be Closed