

What's on? 10km Challenge!

Jeanette has teamed up with Fraser Coast Mayor Gerard O'Connell to challenge Fraser Coast residents to a fun 10km walk on our beautiful Esplanade in Hervey Bay.

It's FREE and anyone is welcome.

"Jeanette wants to support people to get out of their comfort zone and walk a little further than they usually would. It's all in the mind, anyone can walk 10km, the body does what the mind tells it. Once people realise that with a strong focused mind they can do anything, the possibilities in life are endless!"

The walk starts at Enzo's in Scarness Park to the Pier and back - Sat 20th of April, 6:30am Sharp.

There is 20% OFF Coffee for Participants at Enzo's!

Participants should have a moderate level of fitness ... if not, turn half way & do 5km! Runners Welcome!

More info [here!](#)



The BeachHouse Website goes live!

The BeachHouse hotel...

... is situated on the beautiful Scarness Esplanade overlooking Scarness Park, Beach and Pier. The hotel also enjoys views of the world heritage listed Fraser Island.

Well renowned for its vibrant atmosphere and great local entertainment, yet presenting high quality dining experiences for all price ranges.

The BeachHouse hotel is a great place to enjoy relaxing views, local entertainment, delicious food and friendly service.

The BeachHouse Website goes live click [here!](#)



"Thanks Jeanette and Design House for our website. We are extremely happy with the look, easy of navigation through the pages and the ability to self edit when necessary. You took my brief and delivered exactly what I wanted. Well done!"

Paul Robins | Venue Manager

James & Co Lawyers - LOGO DESIGN

James & Co. Lawyers was established in Hervey Bay by Mr. Brad James in 2007. Mr. James was admitted as a barrister-at-law in the Supreme Court of Queensland, December 2004. Brad practices as a solicitor who provides our clients with simple straight forward advice with a genuine commitment to our clients' needs.



We are a boutique legal firm who offer a dedicated expertise in the following areas of law:

Family Law | Civil Litigation | Commercial & Contract Law | Wills & Estates | Conveyancing – buying and selling of commercial and residential properties

We only take clients for whom we believe we can help to achieve their desired outcome. Our philosophy really is quite simple, offer our clients dedication, commitment and loyalty on the back of sound legal advice.

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WEIGHT LOSS IS ABOUT LIFESTYLE, NOT KILOGRAMS!

I will be educating you on what I have taught myself over the years to lose weight, keep in shape, maintain your healthy goal weight, look and feel great plus achieve happiness and self-respect. This is knowledge you will be able to apply for the rest of your life and understand. No fad diets, in fact NO diet, no quick fix, just the correct and only way that works clean healthy eating and regular exercise. It is scientific, mathematical and fool proof; so if you follow the instructions and program exactly you CAN NOT Fail!

- Jeanette Maynes



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