

HERVEY BAY 2DAY HEALTH RETREAT!!

STRONG MIND, STRONG BODY!

Please email info@toughmutha.com.au for prices and more details!

... Limited Spaces, Be Quick to Book!

Fri 19th, Sat 20 & Sun 21 July!

Must be booked and paid in full by Fri 28th June, No refunds. Please forward to anyone you think may benefit from this relaxing mind, body & soul experience!

PACKAGE INCLUDES:

- 2 Nights Accommodation at 4 & a half star Luxury Resort "Eden by the Bay" – Pool, sauna, spa
 - 1 hr Secrets of Meditation
 - Learn about Meditation & Buddhist Philosophy – [Oddiyana Dharma Sanctuary](#)
 - 1 hr Zumba Class – Latin & Alternative Dance
 - 1 hr Guided Meditation – Oddiyana Dharma Sanctuary
 - 1 & 1/4 hr Yoga – [The Holistic Hub](#)
 - 1/2 hr Infusion Facial – Skin Science
 - 1/2 hr Massage – [Virgo's the Body](#)
 - Group Dinner – Oriental Palace
 - 1 & 1/2 hr Guided Beach Walk – [Tough Mutha](#)
 - 1 hr Guided Meditation – Oddiyana Dharma Sanctuary
 - 1 hr Kum Nye Yoga – Oddiyana Dharma Sanctuary
 - Henna Tattoo – [Shades of Inspiration](#)
 - [4 Week Program](#) – Meal, Exercise & Lifestyle Success Plan
- (All activities are included and optional)

More info [here](#). (Artwork by [Design House](#))



Facebook Cover Image | Business Page Set Up!

"I had been toying with the idea of having a Social Media Presence via Facebook for some time. I could see the value and potential but had no idea what to do or where to start. Friends suggested creating one myself, it is easy they said, well perhaps for them, but not for an over forty with limited IT or marketing skills. I had seen promotions by Design House on my personal Facebook page and contacted Jeanette. Well happy to report what a great experience it has been, very professional, timely and great value. I had a mindset that it was going to be challenging but Jeanette took over and masterfully completed the page. I suggest you have a look, I have received great feedback already on how great it looks."

- Russell Geldard | Investment Adviser

ELSTON PARTNERS WEALTH MANAGEMENT

RUSSELL GELDARD
Wealth Adviser

VISION
"A world where people can be healed of financial pain & obtain financial freedom."

LIKE!

ELSTON PARTNERS **Coffee, Tea or ME!!!**

Meet **RUSSELL GELDARD**, Wealth Adviser from **Elston Partners**, he is offering Coffee, Tea or **ME!!!**
Why not take half an hour of your time, have a beverage & find out if Russell can support you in reaching your financial goals & **obtain your financial freedom.**

Please call **4128 3300** to make a time to meet!

(Meet **Russell Geldard**, Wealth Adviser from **Elston Partners**. He is offering Coffee, Tea or **ME!!!** Why not take half an hour of your time, have a beverage and find out if Russell can support you in reaching your financial goals and obtain your financial freedom. Call **4128 3300** to make a time to meet.)

- Facebook is a low-cost marketing strategy
- Talk to existing and potential customers
- List your Services, Products or Promotions
- People can 'Share' your Info with friends
- Link Twitter to Facebook
- Paste links from your website
- Facebook can steer traffic to your website
- Share your You Tube Videos + information, pictures & videos from your business
- Raise brand awareness & promote positive word-of-mouth
- Easily Operated Via your Facebook Profile

Only \$200 + gst this month for your own custom designed Facebook cover image to promote your business!

(Normally \$250 + gst)

or \$300 + gst for cover image & business page set up.
(Normally \$350 + gst)

Check out Russell Geldard from Elston Partners artwork [here!](#)

Business Social Media Start Up Package! Help Me Jeanette!

Facebook, Twitter, You Tube, QR
Reader, LinkedIn **OMG!!!**

How do I set all these up & link them
to create **FREE** online leads
generating sales & potential clients
for my business?

*"As Gympie real estate agents, we saw
the huge opportunity for our business to
reach a whole new world of people via
the largely untapped social media market
for promoting real estate in our region.
We had discussed with Jeanette other
ways to complement our e-marketing via
our already dominant*

*www.gympierealestate.com.au internet presence and she suggested we go 'viral' via her social media
package. Jeanette made it so easy and user friendly and did a wonderful job with our brand and look
setting everything up in 1 day! Without Jeanette's wonderful support, I doubt we ever really would
have jumped on board like we have. Thank you Jeanette! We know it is the way forward to get the
edge!"*

- Amanda Bambling | PRINCIPAL

TWITTER: <https://twitter.com/BamblingRural>

FACEBOOK: <https://www.facebook.com/pages/Bambling-Rural/173353959500237>

YOU TUBE: <http://www.youtube.com/user/BamblingRural>

OMG I have no idea if I can do this!
But instead of saying I CAN'T I'm determined to LEARN!
I CAN & MUST keep up with Technology & Social Media to succeed in my industry!
I will NOT be LAZY & CHOOSE to be UNINFORMED!

Please Help Me!



We CAN Do This!

BamblingRURAL

gympierealestate.com.au

Gympie

REALESTATE.com.au™



FAILURE IS NOT AN OPTION!
Please Help Me Jeanette!

Email now for more info on my Business Social Media Start Up Package!:
info@designhouse.com.au

Latin Dance Party

FREE ENTRY

Saturday 13th July 2013

7:30pm til' close

Arrive early & enjoy DINNER & DRINKS

FREE beginner Salsa. Merengue & Zumba® lesson with 'LUPITA'

Dress Smart Cocktail Red | Black | Silver Theme

@ The Bayswater Hotel | Main Bar The Esplanade, Hervey Bay

www.salsagroup.com.au

(Artwork & event by [Design House](#))



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WE ARE GOING TO MINGLE, DANCE & PARTY TO HOT LATIN RHYTHMS!



Who wants to be lighter, fitter, healthier & have a positive frame of mind?

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

Click [HERE](#) for more info or to Buy Now, Download and Start Immediately!

Please click [here](#) for Adventure days, Training Tee's, eBooks & Personal Training Info!

FREE DELIVERY AUSTRALIA WIDE! AWESOME DESIGN!

ORDER NOW!

1,000 Business Cards ONLY \$150

Full Colour gloss front & full colour matt back!

SAVE \$75

EMAIL info@designhouse.com.au for more info on how to order BUSINESS CARDS!!!!

Business card portfolio [here!](#)



Social Media!

Keep up to date on [Facebook](#), [Twitter](#), [Linked In](#) or the Design House [Blog](#) for all the latest Design House News!



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weapon of mass communication