



FREE fun program for kids to become fitter, healthier and happier!

Do you have children 7 to 13 years old?

Are you worried they might be unhealthy or even overweight?

Then call us on 4046 8532 and join MEND!

The MEND Program gets kids healthy and fit in only 10 weeks - and helps them stay that way!

Find out about other children having fun on the MEND Program

www.mendprogramme.org



This MEND Program will be run and supervised by qualified MEND Trainers.

MEND is both evidence-based and outcome-driven, and is currently being researched in the form of a Randomized Control Trial at the Institute of Child Health in London.



Marlin Coast Swimming Club Inc.

Sign On
Friday 21st August 2009

6.00pm – 8.00pm
Sprints, Relays & BBQ

You are invited to come & join in the fun!!!



Marlin Coast Swimming Pool, Leisure Park
Road Smithfield

- Family Fun & Fitness
- Heated Pool
- Silver Licence Coach



*Splash into this Swim Season with
Marlin Coast*



Queensland Government



Leisure Park Road, Smithfield,
Ben Eales - Tel: 07 4057 7720

OPEN DAYS

Your journey,
your future.



JAMES COOK
UNIVERSITY
AUSTRALIA

CAIRNS

Sunday 23 August, 2009

10am – 2.30pm

McGregor Road, Smithfield

TOWNSVILLE

Sunday 30 August, 2009

10am – 2.30pm

Angus Smith Drive, Douglas

For more information: phone **1800 246 446** email openday@jcu.edu.au

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ITS MOMENTS...



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PANDORA
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1300 SMILES

As a Dental Therapist Tanya works solely with 4 to 17 year olds. Her duties include examinations, x-rays, restoration of baby and adult teeth, cleaning and fluoride applications, emergency treatment due to caries (decay) and trauma, oral health and diet instruction.

Ask us about using your Medicare Teen Dental Voucher!

BOOK AN APPOINTMENT WITH TANYA

1300 764537

Shop 16
Smithfield Shopping Centre
Cnr Kennedy & Cook Hwys

Cairns Central, Shop 3
Ground Floor,
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Steve Wettenhall MP

Member for Barron River and
Parliamentary Secretary for Tourism

PO Box 1014 Smithfield Q 4878
Phone: 4038 2800
Fax: 4038 2801
Email: barron.river@parliament.qld.gov.au
Website: www.stevewettenhall.com.au

FIRST RECONCILIATION (Confession/Penance)

ENROLMENTS FOR CATHOLIC STUDENTS FROM YEAR 3 AND UP

Students are currently preparing for First Reconciliation. If you would like to enrol your child, please email me to arrange to receive the preparation materials and details.

theresa.redgwell@standrewscc.qld.edu.au

Theresa Redgwell, Sacramental Co-ordinator
Northern Beaches Parish - Ph 4039 5259

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YEARBOOK!**

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PAYMENTS CAN BE MADE AT THE
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For advertising space in our monthly newsletter - contact Amy - 4055 6604 ext 11