



TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

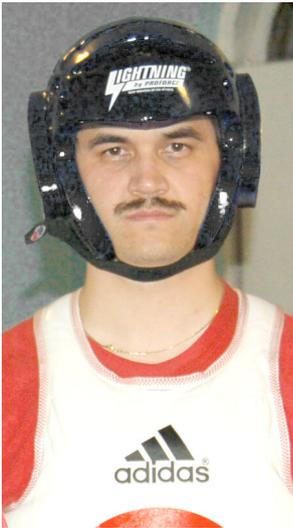
Fall Issue, Vol. 8

www.qissagebodysystems.org

September 2011

MARTIAL ARTS ACHIEVEMENT

2nd ANNUAL UFoMA HALL OF FAME BANQUET



Robert Wahl is on the road to Black Sash Expertise and Taiji Quan Mastery.

He's quiet, reserved, soft spoken, respectful and polite but he's intent to be the “Baddest %#*&@# in the Valley!”

To see him on the street, you would never suspect that he holds the martial arts position of 12th Rank Brown Sash with Trim in Taiji Quan.

He has studied diligently, steadfast and persevered 12 ranks of mind, body and spiritual training for the last five (5) years. He is now in the final stages of learning before he receives the First Degree Black Sash in the Chinese Martial Arts.

Upon achievement of the Black Sash (*expected to be in early 2012*), he will commence a lifetime journey in pursuit of Mastery.

Congratulations Si Hing Wahl!



On October 22, 2011, the Annual United Fellowship of Martial Artists Awards Banquet will be held at 6:00 p.m. at the Joy Tsin Lau Restaurant on Race Street Chinatown, PA.

All inductees at this semi-formal affair will receive a beautiful hall of fame certificate (*above*) in addition to a UfoMA patch and lifetime membership certificate.

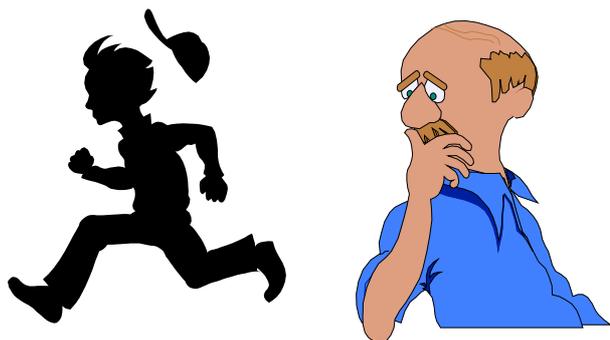
Last year's event was totally awesome and many great martial artists and upcoming martial arts students attended this colorful affair.

This year promises to be as good, if not, a better affair than last year. Only in its infant years, the UfoMA, founded and directed by Dr. John Hsi Lee, focuses it's attention on inducting nominees who have displayed arduous training and efforts in upholding the highest ideals, standards and ethics for preserving, promoting and perpetuating the martial arts.

Last year's headlining noted inductees were Grandmaster Steve L. Martin, Dr. Juan Otero, Jr., Grandmaster Jiang Jing Sung Baek, Sigung Norman P. Smith, Shifu Mel Roberts, Shihan Steve Lundquist, Sifu Shannon Moore, Grandmaster John M Crudup, and Grandmaster William Cheung.

The banquet is nestled in the heart of Chinatown. This gives the affair a rich and traditional flavor felt from the market, shops and store lined streets to the traditional customary foods served to guests and inductees at the banquet.

HYPNOSIS CORNER



THE ULTIMATE PHOBIA LIST "Phobias From A - Z (continued)"

Many people have phobias and don't realize it or have never viewed themselves as phobic. We have heard that as people get older, they seem to develop more phobias than when they were younger.

Phobias are fears that have gotten totally out of control and are not based on reality. Sometimes they gradually get better over time and sometimes they get worse but remember phobias can be resolved quite easily by using hypnosis.

We will continue our alphabetized list of phobias starting with the letter L and go through to letter M. We will continue this list in future issues until we have arrived at the letter Z.

Keep track as we publish this list in each newsletter and see how many you may have or have had at one time in your life.

Okay! Let's continue with the next two letters of the alphabet:

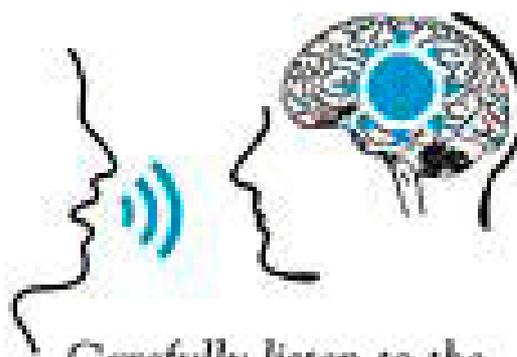
Lakes	Limnophobia
Large things	Megalophobia
Laughter	Geliophobia
Lawsuits	Liticaphobia
Learning	Sophophobia
Left side (body/things)	Levophobia
Leprosy	Leprophobia
Lice	Pediculophobia
Light flashes	Selaphobia
Liquids (damp/moisture)	Hygrophobia
Locked in enclosed place	Cleisiophobia
Lockjaw, tetanus	Tetanophobia
Long waits	Macrophobia
Long words	Hippopotomonstrosesquippedaliophobia
Looking up	Anablephobia
Losing an erection	Medomalacuphobia
Loud noises	Ligyrophobia
Love play	Sarmassophobia
Lues, syphilis	Luiphobia
Machines	Mechanophobia
Magic (wand)	Rhabdophobia
Making decisions	Decidophobia

Many things	Polyphobia
Marriage	Gamophobia
Materialism	Hylephobia
Meat	Carnophobia
Memories	Mnemophobia
Men	Androphobia
Menstruation	Menophobia
Mercurial medicines	Hydrargyophobia
Metal	Metallophobia
Meteors	Meteorophobia
Mice	Musophobia
Microbes	Bacillophobia
Mind	Psychophobia
Mirrors (seeing self in)	Eisoptrophobia
Mirrors	Catoptrophobia
Missles (bullets)	Ballistophobia
Mole rat	Zemmiphobia
Money	Chrometophobia
Monsters (deformity)	Teratophobia
Moon	Selenophobia
Mother-in-law	Pentheraphobia
Moths	Mottephobia
Movement (motion)	Kinesophobia
Moving (making changes)	Tropophobia
Mushrooms	Mycophobia
Music	Melophobia
Myths	Mythophobia

Has anything popped out to you? Did you see anything new or familiar to you?

If you know someone with one of these phobias, you might want to suggest that they seek help with their phobia through hypnosis. IT WORKS!

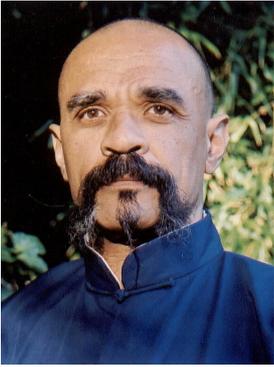
See you next issue with more phobias!



Carefully listen to the
sound of my voice . . .

Note:

Unless you are a board-certified hypnotherapist or legally licensed professional with experience and training in the area(s) covered in this article, this article is informational. It is only partial information and not to be misinterpreted as professional training or any type of training in this/these area(s) of practice.



Shifu's Message

Don't "Fall" Victim To Seasonal Changes

Fall is the time of year that is notoriously known for viral illness like the flu causing upper respiratory disorders and diseases. Ever wonder why that is? Well, let's take a look.

From summer to fall, we experience climatic changes in the weather. These changes basically involve temperatures going from warmer to cooler. There is significant change in barometric (air) pressure during this time period.

Changes in air pressure, especially rather quick changes, can affect your body. The most obvious of these are the discomfort or even pain you feel in your ears when your gain or lose altitude rather quickly, such as in an aircraft, or even a fast elevator that goes up or down several floors.

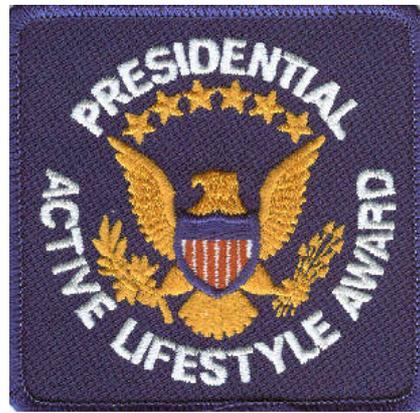
Air pressure changes can also affect our bodies in other ways. Because our body is composed of a large amount of fluids and two major gases (*oxygen and carbon dioxide*), we are also affected by changes in our environment. These changes can be either beneficial or detrimental to our health.

In the Eastern holistic healing arts, we deal with seasonal changes by using the theory of the "5

Elements." This theory is based on natural elements of the earth and their characteristic relationship with nature. Because we are part of nature, they affect us as well.

This theory states that these elements can exist in a "constructive cycle" or "destructive cycle." Based on the cycle of the relationship between these elements, one can determine how to harmoniously move from one season to another in a healthy manner.

In Harmony,
Jonathan B. Walker, PhD
Shifu



DO YOU WANT TO BE ONE OF SHIFU'S HEROES?

If you have been following the article about the "Presidential Active Lifestyle Award Program" (PALA) in previous editions of this newsletter, you'll know that QiSsage Body Systems, LLC is encouraging people like you to get involved with this program.

We've taken the next step to help you get started. It's the President's Challenge Group program. This program enables people to reach out to one another through the power of the Internet and connect as a group encouraging and supporting one another in their attempts to create an "Active Lifestyle."

We have created our group called, "SHIFU'S HEROES." Anyone can join and everyone is invited to join.

If YOU would like to JOIN our GROUP and you ALREADY have an account on the President's Challenge web site, just log in and click on the blue "Groups" icon. Then enter the group number 935902 in the space provided and click on "SUBMIT." When our icon appears, click below it where it says, Join this group. PRESTO! You're in like Flint!

However, if you DO NOT presently have an account on the President's Challenge web site, just send your email address to us at yangqichen@aol.com requesting to become a member of our group. We will then send you an invitation to join us complete with instructions on how to get an account on the President's Challenge web site and how to join our group. It's just that EASY!

SO WHAT ARE YOU WAITING FOR? Do it today!

TIPS FOR SUCCESS Articles, Quotes & Comments from Shifu

Never doubt the power of your mind. It can do amazing things if you just give yourself a chance to prove how very powerful it is.

Can you read the following paragraph? Try it.

**7H15 M3554G3 53RV35 70
PROV3 H0W 0UR MIND5 C4N
D0 4M4ZING 7HING5!
1MPR3551V3 7HING5! IN 7H3
B3GINNING 17 WA5 HARD
BU7 NOW, ON 7H15 LIN3 YOUR
MIND IS R34DING 17
4U70M471C4LLY W17H0U7
3V3N 7HINKING 4B0U7 17, B3
PROUD! ONLY C34R741N
P30PL3 C4N R3AD 7H15.**

You probably had a little difficulty when you first started reading that paragraph but very quickly found that you could read

it easily and fast once you got started.

Keep this little demonstration in mind when you encounter challenges that appear to be insurmountable. Things always look bigger than they are when starting something new or challenging. However, with a little patience and perseverance, you always overcome obstacles and become victorious.

HEALTH TIPS:

CONTROLLING STRESS

Stress has been and continues to be one of the most common underlying causes of diseases, disorders and health care issues.

As devastating as it may become when out of control, it is as easily placed under control by simple and easy lifestyle changes. Yet, people find it increasingly difficult to manage stress effectively.

There are basically only three (3) ways to manage stress:

- 1 - Remove the thing that is stressing you;
- 2 - Remove yourself from the thing that is stressing you;
- 3 - Change your response to the thing that is stressing you.

While the first and second options may not always be feasible or practical, the third option is always applicable for anyone.

Unchecked stress can lead to fear, anger, suffering, and distress that can lead to disease. Disease can create more stress and the cycle continues.

Although the third option is the most likely option to select, it's not an easy method to enact. There are many reasons and "excuses" that may obscure an individual from finding success with this option.

Nonetheless, there are methods of enacting the third option with a little assistance from the experts in the field of health care. Exercise, relaxation, meditation and even hypnosis can assist one in

changing their response to stress factors and gaining control again.

The next time that you see stress in you're life starting to get out of control, consider these three ways of managing it. If you find that stress is already a major factor in your life, consider seeking assistance in getting it under control.

Be happy and successful. Live a long and healthy life.

STUDENT'S CORNER

This column is for and about students of the Three Mountains Schools system. You may submit an article, comment, question or feedback for publication at any time. Submissions are no guarantee for publication. Information will be minimally edited at the discretion of the Editor. If you submitted an article, keep your eye on this section.

HEALTHY FOODS COLUMN

WEEDS OR HERBS?

by Emily Williams

Americans are obsessed with lawns. Look on the shelves in garden stores. Weed-N-Feed, Weed-B-Gone and Weed Not are just a few of the weed killers for your perfect lawn. At my new residence, Chem/Lawn comes several times a year to rid our lawns of dandelions, chickweed, etc. Sadly, we are dandelion free and I wonder how long it will be before we are "people" and "animal free," too! When the Chem Lawn truck comes, I want to run to the next county for the chemicals being sprayed knock me for a loop.

At our old residence, we not only had an abundance of dandelions but a treasure cove of herbs that grow naturally and cost nothing. Most lawn fanatics detest plantain but think twice before destroying this beneficial herb. It can do things grass can't. Crush the leaves and apply to areas damaged by burns, stings and poisonous bites.

Chickweed is another herb uprooted by gardeners. It, too, is a home remedy for cuts, etc. Add to your swabs.

My old lawn was full of white clover and violets. American Indians made a tea from cloverleaves for colds and coughs. Europeans made a flower tea for rheumatism and gout. The clover flowers also attract honeybees. Right now our honeybees need all the help they can get. Both leaves and flowers of violets can be added to swabs. Old herbal books claim that the flowers and leaves are antiseptic and can benefit highly-strung patients.

Look and see what you might have growing in your lawn. You maybe surprised at the benefits some of these lawn herbs/weeds can provide.

CHANGE!

by Nina J. Simmons

It is inevitable. As time goes by, we are constantly evolving just as everything around us.

This is especially true of the aging process. The painful realization that my body had been completely taken over with arthritis was a rude awakening for me. The damage to my joints was undeniable. However, I was determined to continue living an independent life. The process to date (*it has been four and a half years*) has been physical therapy, water therapy, medications, chiropractic, etc. It was (*and is*) Tai Chi that has sustained me. I am able to maintain a good quality of life with considerably less pain despite three joint replacements in three years.

It is that fusion of mind, body and spirit that gives me the will and balance to continue. It seemed at one point that the repetition of the choreography was just tedious movement, but once I connected my breath and meditation with the movement, I found my balance. I am now able

to focus and stay in the moment. This is crucial to my well being.

I will continue to be challenged by arthritis but I'm confident that with my Tai Chi classes, beginning with Wu Ji and ending with the Cleansing, I Will Remain Independent and Enjoy a Good Quality of Life!

If you suffer from chronic pain, try *TAI CHI!*

TAI CHI ON TUESDAYS

by Lynn Kosek-Walker

The QBS Tai Chi class on Tuesday mornings at the Willingboro Senior Center is more than great exercise, it is inspirational. My husband Shifu Jonathan Walker leads the class along with the help of his group leaders Angie Moffitt, Guy Cornish, and Pat Lindsey Harvey. I first began volunteering as a group leader about two months ago after being laid-off from my job.

The class has a strong core group of students who have studied Tai Chi with Shifu Walker for nearly ten years. The class is also the largest in our school and at one point had as many as 100 people in it. While the class size is now much smaller, new students continue to join each month and discover the benefits that Tai Chi can bring to improving their health.

Shifu Walker is an inspiring teacher (That's one of the reasons that I first fell in love with him!) and his students are truly amazing. Each week they walk in the door with smiles on their faces, ready to practice Tai Chi to receive its benefits. Their enthusiasm is surprising when you realize the adversity many have encountered. Some have overcome the pain of joint replacements. Others battle arthritis, cancer, high blood pressure or diabetes. Whatever their difficulty may be, these people are true achievers who would rather take action than

simply accept the challenges of life.

Rich Spangler uses a walker with a built in seat to assist him when he does Tai Chi. His dedication encourages me and reveals both the power of this art to improve health and the strength of will that can be necessary to overcome adversity.

Couples, Walter & Carolita Lindsey and Curtis & Gwen Edwards are advanced Tai Chi students who know the majority of the first section of the Tai Chi form. They persevere through the challenging postures with a cheerful never-give-up attitude.

Renee Cote is also one of the senior students who doesn't let the difficulties of life stop her. She keeps track of her progress in the classes and can tell you, to the day, how long she has studied Tai Chi.

When I walk in the door on Tuesday mornings and see everyone in this class I am truly inspired. They are living proof of what Tai Chi can do for anyone who really cares about their health and makes the effort to learn this healing art.

Are you ready to see what Tai Chi can do for you? Sign up for a free class by calling 609-915-3435 and join us. We'll greet you with a smile.

"PAIN!"



HOW DO YOU HANDLE IT?

Pain is a part of life. The origin of the word dates back to 1250-1300. Regardless of who you are, what age you are, where you live, work or play, you most likely have experienced pain in your lifetime.

Pain can be physical suffering or distress due to injury, illness or the like. It can be a distressing sensation in a particular part of your body. It can be mental or emotional suffering or torment. Pain can be many different things to different people but it's always a traumatic experience.

When painful or traumatic experience occurs, it often leaves a "signature or impression" on the brain. This signature or psychological footprint can affect actions and/or reactions to future encounters of that particular experience. A physiological example would be if an individual were injured in an automobile accident and thereafter finds it almost impossible or very difficult to travel in an automobile again. Vehicular travel now becomes very stressful because of the past experience.

There are various methods in which to deal with pain. Meditation, breathing techniques, distraction, pharmacology, biofeedback and hypnotherapy are just a few of these methods.

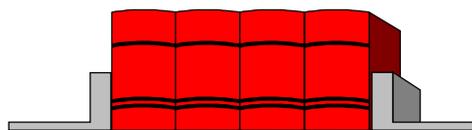
It really doesn't make much difference which method you choose as long as you choose one that best fits you. Understanding pain, its effects and outcome can only help to increase your comprehension of pain and how to deal with it in a healthy manner.

The next time you experience pain in your life, look at it through different eyes with an optimistic view knowing that you can manage pain no matter what its source or effect.

All that you have to do is ask for help!



Martial & Healing Arts Book Review



Title: *Taoist Secrets of Love
Cultivating Male Sexual Energy*
Author: Mantak Chia
Michael Winn
Publisher: Aurora Press
Copyright: 1984
ISBN: 0-943358-19-1
List price: \$14.95
Reviewer: Anonymous

The author reveals the ancient sexual-secrets of the Taoist sages that enables men to conserve and transform sexual energy through its circulation in the Microcosmic Orbit, invigorating and rejuvenating the body's vital functions.

These esoteric techniques and principles make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

This book is written in clear, easy to understand language and illustrations.

CURRENT EVENTS & SERVICES

- ⚡ [Senior Bowling League](#) – Burlington Bowl & Recreation Center in Burlington, NJ will hold Wednesday Morning Senior Leagues at 9:30 a.m. Cost is \$6.00/wk/person for 12 weeks. All senior citizens are urged to come out and join a team. You don't have to be an experienced bowler. You don't even have to be good at bowling. All you need is to be willing to have fun and get a little exercise. They are non-sanctioned games.
- ⚡ [Usui Reiki Classes](#) – Look for more Reiki classes at this web site www.qissagebodysystems.org to be scheduled throughout the year. Register early. Class sizes are limited.
- ⚡ [Hypnotherapy/HypnoCounseling](#) ~ Hypnosis is generally misunderstood. Physicians, psychologists and hypnotherapists have used it for many years. It can serve a wide range of health issues and behavioral scenarios such as fears/phobias and stress/anxiety. Jonathan B. Walker, PhD, LPN, MHt provides services for private clientele who want to resolve issues of unwanted behaviors and make significant changes in their lives. Stress, weight loss, fears/phobias and smoking cessation are our specialties. Call Health & Wellness, Unlimited at (609) 915-3435 for a “**free**” phone consultation.
- ⚡ [2nd Annual UfoMA Hall of Fame Awards Banquet](#) - held Saturday, October 22, 2011 @ 6:00 p.m. at the Joy Tsin Lau Restaurant 1026-28 Race Street, Philadelphia, Pa 19107. For reservations, call (856) 592-7227
- ⚡ [QBS Annual Awards Luncheon](#) - We are expecting to conduct our regular annual luncheon again this year at the Carlucci's Waterfront Restaurant in Mt. Laurel in December. Look for more details later on our web site or in classes.



QISSAGE BODY SYSTEMS, LLC

Philosophy

We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.

We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.

Mission Statement

QiSage Body System exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or services that are in harmony with the philosophy of QiSage Body Systems.*

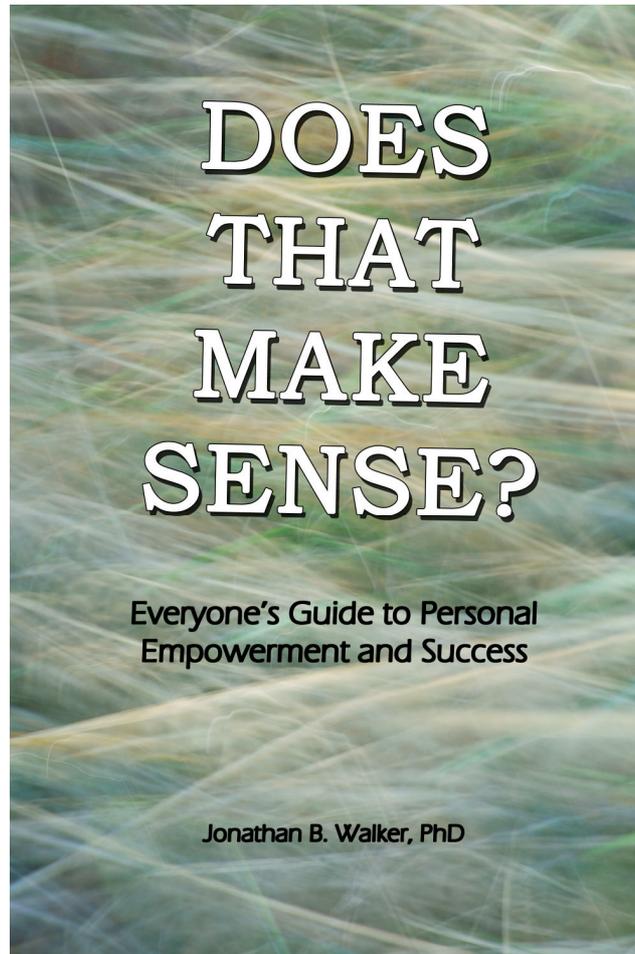
A Pinch of Wisdom

*Study reality, not just books.
Study intensely and don't be distracted*

Did You Know...

Training that does not discipline the mind is useless; thought that does not enlighten is worthless.

Get Your Copy Today!
Get Your Copy Today!



Does That Make Sense?

Paperback, by Shifu Jonathan B. Walker, PhD

\$19.95

Excerpt:

“Most people can’t define success for themselves because they are looking in the wrong place for it. We generally have our sights set on the success that someone else has achieved and want it for our own”. “We each have a gift. All that you have to do is identify what your gift is”. “Once you’ve identified your gift, you need to capitalize on it”. “Does that make sense?”

DOES THAT MAKE SENSE? is a no-frills, thought provoking, interactive, book that is compact, direct and to the point. It illustrates how people can empower themselves to achieve any goal that they desire and obtain success in life.

It is the result of years of personal research that Shifu Walker has compiled through teaching scenarios at schools, colleges, community centers, and businesses in public and private presentations. While consulting with his fellow colleagues around the world, he discovered common denominators that are stumbling blocks to achieving success in one's life. His personal life experiences also played a role in revealing these same obstacles.

Unlike most self-help books, "Does That Make Sense?" depicts how you can find success based on your strengths not the strengths of the author. It is a book that anyone can pick up, read and find a path to success in their life based on what they want.

With highlights on simplicity, this book "packs a punch" and "drives home" the important aspects for self-empowerment!

**GET A COPY TODAY AND
GET ON YOUR ROAD TO SUCCESS!**

~Available exclusively through QiSsage Body Systems, LLC~

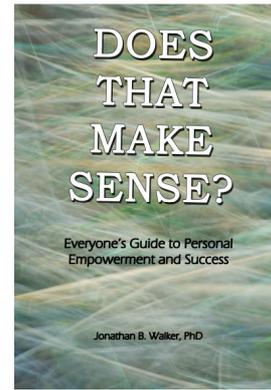
-----COMMENTS ABOUT THIS BOOK-----

"I bought your book and read it. I was fascinated by it. The excerpt on the front of the book really knocked my socks off! Not one person in a million would have figured that out. It really struck me!

*Robert Purucker, Co-Host
"The Delirious Cure"
VoiceAmerica Talk Radio Network
Health & Wellness Channel*

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Does That Make Sense? by Jonathan B. Walker, PhD Paperback, 32 pages Size: 8 ½ x 11 Pub: July 2009	\$19.95	_____	_____
		1 st Class Postage S/H	\$3.65
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“GOT A PHOBIA?”

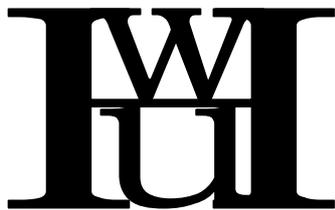


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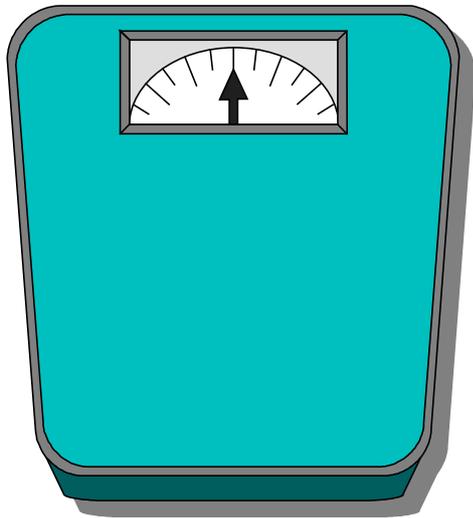
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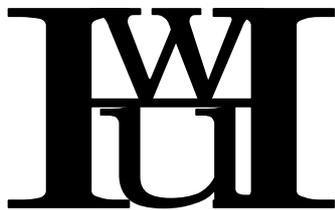
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safely!

HYPNOSIS

*"All that you'll have
to lose is pounds!"*



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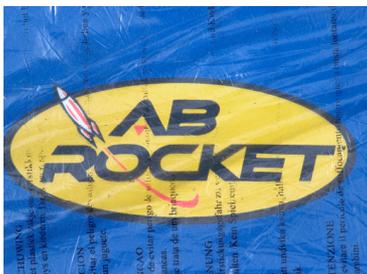
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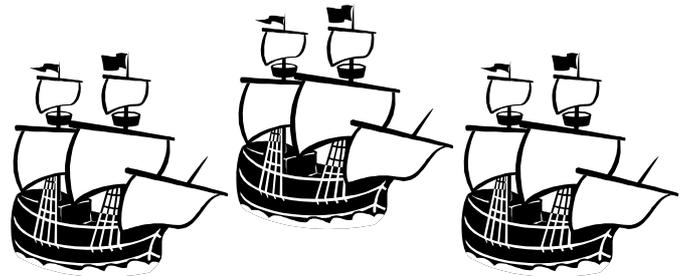


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