

VIP Invitation  
To  
**Red Friday**

- When:** Friday 6th May 11:30am to 1:30pm  
**Where:** Senior Citizens Hall, Macalister st, Mackay  
**Why:** To enjoy a **free** event full of fun activities, health talks and a cuppa  
**Wear:** Comfortable clothes and supportive shoes  
**Bring:** Water bottle and a sense of adventure  
**RSVP:** By 30th April 2011– 49575178  
**Hosts:** Qld Keep Fit Association Inc Instructor member Barb Whitfield & the Heartmovers of Mackay  
**Prizes:** Wear **red** and receive a lucky ticket



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