



Martha leaves a lasting impression



SINCE Martha-Lourey Bird's presentation and the article in last week's *Nota*, we have received a number of enquires about Martha's book, *Exercise and the F word ... FUN!*

The book contains practical, achievable advice for people desiring to be fit through exercise at low, moderate or high levels.

Martha's book is colourful, readable, with great illustrations.

Copies will be available through Brian Lourey on 4997 2543.

SOLD: Bob Baldwin, Member for Paterson with renowned family fitness expert Martha Lourey-Bird during her popular presentation in Tea Gardens last week.