

20073-291-152

MOUNT EDEN FESTIVAL OF HEALTH & HARMONY

POTTIERS PARK, SATURDAY 14 FEBRUARY 1987

10.00am to 5.00pm

Remember Mount Eden's "Holistic Health" festival last year?

We felt it was so successful we'd run another.

This year's festival should be bigger and brighter than ever. The emphasis on health and holistics will still be there, but this year we're branching out to offer all the ingredients of a healthy and harmonious community life.

There will be demonstrations and displays of martial arts, dance, yoga, meditation, beekeeping, gardening, massage and fitness as well as naturopaths, artists, musicians, clowns and performers, not to mention advice on any aspect of personal, spiritual or social life, opportunities to talk to all kinds of community groups and the chance to indulge in your favourite healthy foods. It's all there!

We'd like you to let as many people as possible know about this special event through your own networks of friends, workmates and associates.

But more importantly, we invite you to participate in our celebration of community life. If you'd like to be involved, or simply want to know more, just ring 603.139 and ask for Peter, or ring the Mount Eden Borough Council, phone 688.096 and leave your name, phone number and address so that we can contact you (or if you like, you can just fill out the accompanying form and send it back).

Don't hesitate to ring if you have any queries.

We hope to see you there!

Regards,

KAYE McKINNON  
Community Services Officer

PETER LIMBRICK *Peter*  
Community Festival Organiser