

Invitation



Please join us for a
BOF Ladies Networking Function

Where: Butterflies for Africa

Date: Saturday 23 May

Time: 09h30 to 11h00

“Incorporating Training into a busy schedule”

We all know that exercise is vital for our health & wellbeing, but so often it's the last thing on our minds in our busy daily schedule! So how do we achieve maximum results in minimal time?



Join us for a fun and inspiring morning with our guest speaker

CECILIA WESSELS

BA in Human Movement Sciences
Personal Trainer

BOOK YOUR SEAT NOW

CALL GEETA on 082 761 4837

Or email geetak@absamail.co.za

Meetings are **FREE** for
Registered & Affiliate BOF Members

R 30 for non-members & guests
Coffee / tea, muffins and scones are
included!

RSVP by 21 May!
seats are limited, booking essential

**Join BOF as a member
and start your journey with us!**
To find out how to become a member

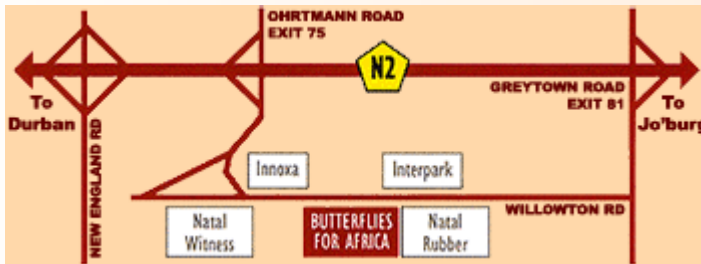
Visit our website on
www.bofnetworx.co.za

or

Contact Geeta: 082 761 4837 or email
geetak@absamail.co.za

Please feel free to forward this invitation
to someone who you think may be
interested in attending the meeting or
joining our network.

Location Details:



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