



The Watchung Hills Wrestling Association

**WRESTLING SEASON
ONLINE REGISTRATION
GO TO:**

LEAGUELINEUP.COM/WHWA

Registration Closes

Saturday October 4th 2014

Late Registration Fees will apply
starting October 4th, 2014

*Apparel orders will be processed on or
about the 1st week of October. Late fees
will apply to later orders.

Late apparel orders will not arrive until
late December after the season has started.

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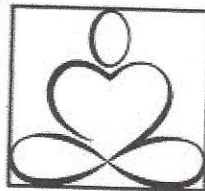
**SOO BAHK DO KARATE & WELLNESS TO HOST
COMMUNITY APPRECIATION DAY**

Soo Bahk Do Karate & Wellness will be
hosting a Community Appreciation Day on
Sunday, September 28th from 12p-4p at their
location at 630 Valley Road in Gillette.

"We have been teaching children courage and
concentration in Long Hill Township since 1982
and want to show our appreciation to the
community for their support," said Program
Director and Certified Instructor Michelle
Cavett. There will be refreshments along with
karate and yoga demonstrations with instructors
on hand to talk about the benefits of their
programs. Shari Czar, Certified Yoga Instructor
and Director of the Yoga Program at the studio
will demonstrate methods for reducing Back to
School stress for both parents and children.

"Being a student provides a lot of challenges and
can bring with it a lot of anxiety and stress," said
Czar. "Helping children find ways to deal with
the many stresses they face in their daily lives is
important. It helps them feel better about
themselves, improves their work, and can help
in their relationships with others." The Karate
demo team will exhibit their skill and
concentration with demonstrations focused on
anti-bullying and self defense, as well as board-
breaking.

Come be part of the community and enjoy this
family-friendly event of demos, information
sharing, and refreshments. Please visit their
website at www.karate4peace.com or call (908)
647-4194 for more information.



*Infinite
Heart Space*

Is Pleased to Announce

Yoga Classes

Begin Again in September

At

Soo Bahk Do Karate & Wellness

In Gillette

Go To

*www.InfiniteHeartSpace.com
for complete schedule*

More about Shari can be found at www.ShariCzar.com

Go to www.karate4peace.com for Info on Soo Bahk Do Karate & Wellness



Soo Bahk Do Karate & Wellness

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