# ortomalia in

**WEEK 105** Distrubuted by

# STRONGER TOGETHER SAY NO TO DRUGS, SAY YES TO WELLNESS.

AVID MASCOT

Plot 146 Lydiate Farm, Norton....

Saturday, July 12th, 2025 at 8:30AM

Join us for the 6th Annual David Mascott Sports & Wellness Day! An action-packed community event featuring open to everyone!

info@davidmascott.co.zw - www.davidmascott.com +263 7 78924672 · +263 777 285 151 · +263 772 237 328



## 2025 SPORTS & WELLNESS DAY!

#### **Activities include:**

- 5km Fun Run
- Zumba & Wellness Sessions
- Interschool Sports Competitions
- Free Health Check-ups
- Food & Market Stalls
- Music, Games, and More!

#### Want to Exhibit?

Stalls available for just \$20, includes:

- · Brand mention by the MC
- Your logo in select event
- promotions
- A short time slot to introduce your product/service
- One exhibitor space + optional power point

#### **FOR MORE DETAILS:**

+263 788 263 393 info@davidmascott.co.zw www.davidmascott.com













# Fitness & Health Centre

#### SUBSCRIPTIONS

**Joining Fee** 

\$20.00

Monthly with Fitness Trainer every day

\$80.00

Gym Per Session

\$5.00

Monthly Subscription

\$30.00

Monthly Personal / Private with Fitness Trainer

\$120.00

Over 65 years

\$5.00

Monthly with Fitness **Trainer 8 times** 

\$60.00

Personal / Private Training Per Session

\$15.00

Student with ID Per Month

\$20.00







All subscriptions include free Sauna, Aerobics and Zumba for Members

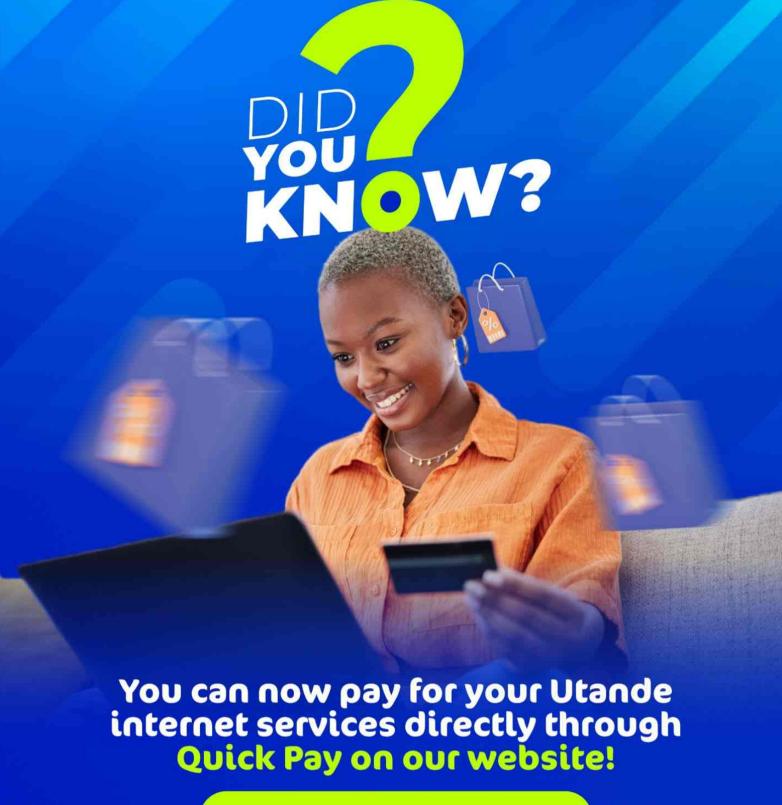
For more information and to join, please contact us

10772 295 262 Ocrner Norton Road & Nharira Way / Next to RESIM Complex (Govans) Norton

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# Simple ingredients, game changing flavour.







## CocoBlue Celebrates Ariela's 3rd Birthday





















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### When Children Start Giving

#### Our Future is Guaranteed

By Peter Matangira

Teaching children the value of giving is one of the most powerful ways to shape their future and the world they will inherit. When children learn to give to those in need, they develop empathy, compassion, and a sense of social responsibility. These qualities are essential for creating a brighter future for all.

By involving children in charitable activities, we can instill in them a sense of kindness and generosity. This can be as simple as donating gently used toys or clothes, volunteering at local charities, or participating in fundraising events. These experiences help children understand the impact of their actions on others and foster a sense of community.

When children give to the underprivileged, they learn valuable lessons about:

- **1. Empathy:** Understanding and relating to the struggles of others.
- **2. Gratitude:** Appreciating what they have and recognizing the blessings in their lives.
- **3. Compassion:** Showing kindness and concern for those in need.
- **4. Social Responsibility:** Recognizing their role in making a positive difference.

By instilling these values in children, we can ensure a brighter future for generations to come. When children start giving, our future is guaranteed to be filled with kindness, compassion and a deep understanding of the importance of helping others.



## SECURE, STYLISH & AFFORDABLE STEELWORKS

- Sliding Doors (galaxy)
- Shopfront Windows
- Trellidors
- Advertising Grills
- Automatic Sectional Garage Doors
- Sliding Gates
- Xpandas
- BoQ Preparation
- Schedule Of Material



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AT BLUECHIP ENGINEERING OFFICES TWINLAKES SHOPPING CENTRE (KWAGOVANS - PaREDAN)

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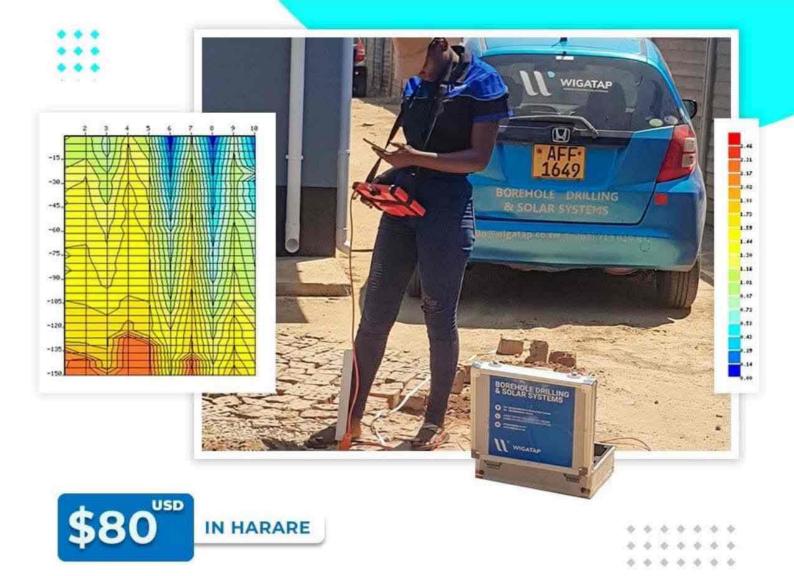




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WATER SURVEY ON PROMOTION

0713 919 832









NORTON TOWN AWARDS | THE RETROSPECTION 5 DECEMBER 2025

