



MARKETING ISIWADAS

DESIGNS
PORTFOLIO

As a seasoned social media management group with 6 years of experience, We've developed a passion for creating engaging online experiences that drive results. Our expertise spans social media strategy, content creation, analytics, and campaign optimization.

We've worked with various social media platforms, including Facebook, Twitter, Instagram, and LinkedIn, and have experience with social media management tools like Hootsuite and Sprout Social.

Our content creation skills include writing, graphic design, and video production. We've created social media content that has been shared by influencers and industry leaders, and have developed content calendars that have increased website traffic.

We're well-versed in social media analytics and have used data to inform my decisions and optimize campaigns. We've worked with cross-functional teams to develop social media strategies that align with business goals, and have excellent communication skills that have helped me build strong relationships with colleagues and clients.

We hold a certificates in Media production and Marketing.

Our portfolio includes a selection of our best work, including social media campaigns. However, content calendars, and analytics reports are attached separately.

Tararamiswa and Associates are excited about the opportunity to bring skills and experience to Quest Vitality and contribute to the success of the social media team.



We produce from formal to informal digital designs such as:

- Business Cards
- Flyers
- Stickers
- Logos
- Banners
- Magazines
- Posters
- videos
- etc.

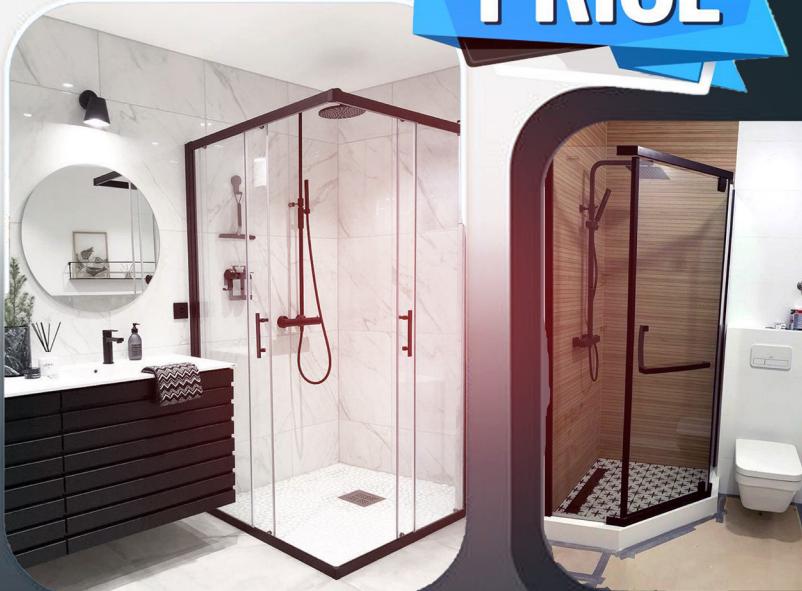
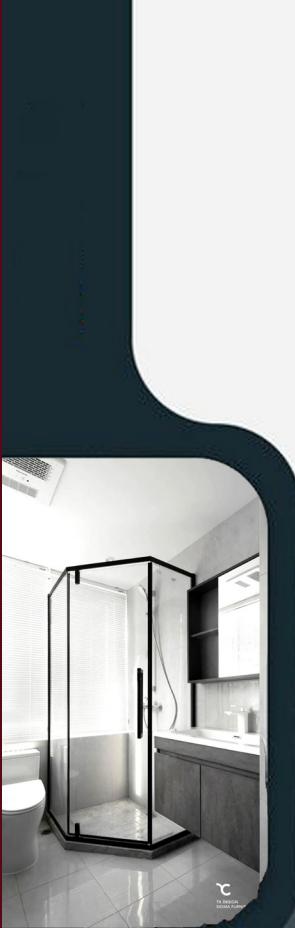


A COVID-19 awareness flyer from the Municipality of Redcliff. It features a black and white photo of a person wearing a mask. The title "COVID DELTA VARIANT" is in large bold letters, followed by "New Symptoms To Look Out For". Below this, there are eight icons with corresponding labels: Diarrhoea, Blocked/Runny Nose, Aching Muscles, Long-lasting Headache, Vomiting, Sore Throat, and Tired & Unwell. At the bottom, a large yellow banner says "IF IN DOUBT TAKE A TEST". The footer includes website and Facebook links, and contact information for the rapid response team.

A flyer for the Rural Electrification Fund (REF). It features a green header with the text "Rural Electrification Fund". Below the header is a logo with a lightbulb and the acronym "REF". A solar panel is shown on the left, and a smiling lightbulb is on the right. The text "Do not live in darkness. Be your own BOSS" is at the bottom, followed by "Generate own energy for domestic and industrial use." Contact information for Eng. Memory Nyoni is provided in the footer.



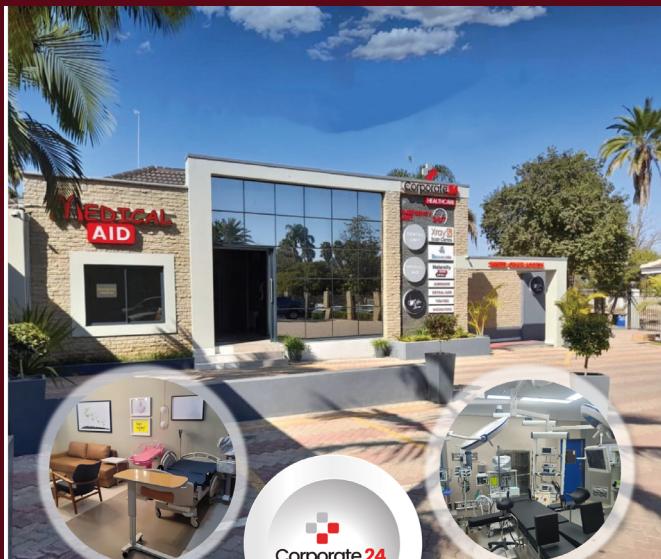
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Blush	R 150
NAILS	R 180
Acrylic nails	R 120
Gel nails	R 150
Manicure	R 250
Gel on acrylic	R 180
French tips	R 100
Buff and Shine	R 80
MASSAGES	Price
Indian hand massage	R 200
Full body massage	R 250
Reflexology	R 150
Indian & Reflex	R 300
MAKE UP	Price
Bridal make up	R 300
Day look make up with lashes	R 220
Evening Look Lashes Involved	R 220
Individual eyelashes	R 100
FACIALS	R 180
BODY MASSAGE	R 250

Address: 851 Phathudi Street Mamelodi East Gardens
Email: tsitsijaymusrurwa@gmail.com

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 Christine Kashini

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ZalEmpire internet radio

TALK BOX with **Miss Brie**
 every THURSDAY @ 12pm

Designed by TARARAMISWA +263772599104

Discovery labs

HELLO December

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THE ANNUAL PHARMACISTS INDABA 2024

Bank Details

Nostro FCA Account Details
Account name: The Pharmaceutical Society of Zimbabwe
Account type: USB Nostro
Bank: CABs
Branch: Platinum Branch
Account number: 1149375558

HOLIDAY INN - INDABA VENUE 31 OCTOBER - 2 NOVEMBER

1. Standard single rooms 2 Nights \$ 95.00 \$ 190.00
2. Standard double (sharing) rooms 2 nights \$ 115.00 \$ 230.00
3. Executive rooms 2 Nights \$ 120.00 \$ 240.00
4. Executive suite rooms 2 Nights \$ 325.00 \$ 650.00

ROOMS QUOTATION IS BASED ON 1 PERSON

Rainbow Hotel

Standard room : 85 usd

Also options of various AirBNBs near the venue are available just inbox the LOC team

DISCLAIMER: Accommodation rates have been negotiated, but individual bookings to be done with the service provider

NB: An Option of a shuttle is available from Harare to Bulawayo contact the organisers early for such

For more information **Vongai** +263776326755 **Nvasha** +263778828283



2024 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am - 5:55am Hill Foyie	5am - 5:55am Leg day Foyie	5am - 5:55am Cardioiscing CrossFit Foyie	5am - 5:55am Beginners step Foyie	5am - 5:55am Spin Foyie	
6am - 7am Step Class Nicole	6am - 7am Advanced Step Fayie	6am - 7am Power step with Thulani	6am - 7am Spin Foyie	6am - 7am Step & Toning Fayie	
7:30am - 8:30am Spin Fayie	7:30am - 8:30am Leg Day Fayie	7:30am - 8:30am Power step Fayie	7:30am - 8:30am Pump Kuda	7:30am - 8:30am CrossFit grid boxing Kuda and Nicole	6:30am - 7:30am Combo step class Foyie kuda and Nicole
Kuda 1pm - 2pm					
5:15pm - 6:30pm Beginner's Step Nicole	5:15pm - 6:30pm Power Step Fayie	5:15pm - 6:30pm Cross-Fit & Boxing Kuda	5:15pm - 6:30pm China Chemodrugs Step Class Kuda	5:15pm - 6:30pm No Class	

Sundays - Closed

Location: GoFit CrossFit Centre
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- 1. Difficulty starting or stopping urination
- 2. Weak or interrupted flow of urine
- 3. Frequent urination, especially at night
- 4. Painful or burning urination
- 5. Difficulty getting an erection
- 6. Painful ejaculation
- 7. Blood in urine or semen
- 8. Frequent pain or stiffness in the lower back, hips, or pelvis

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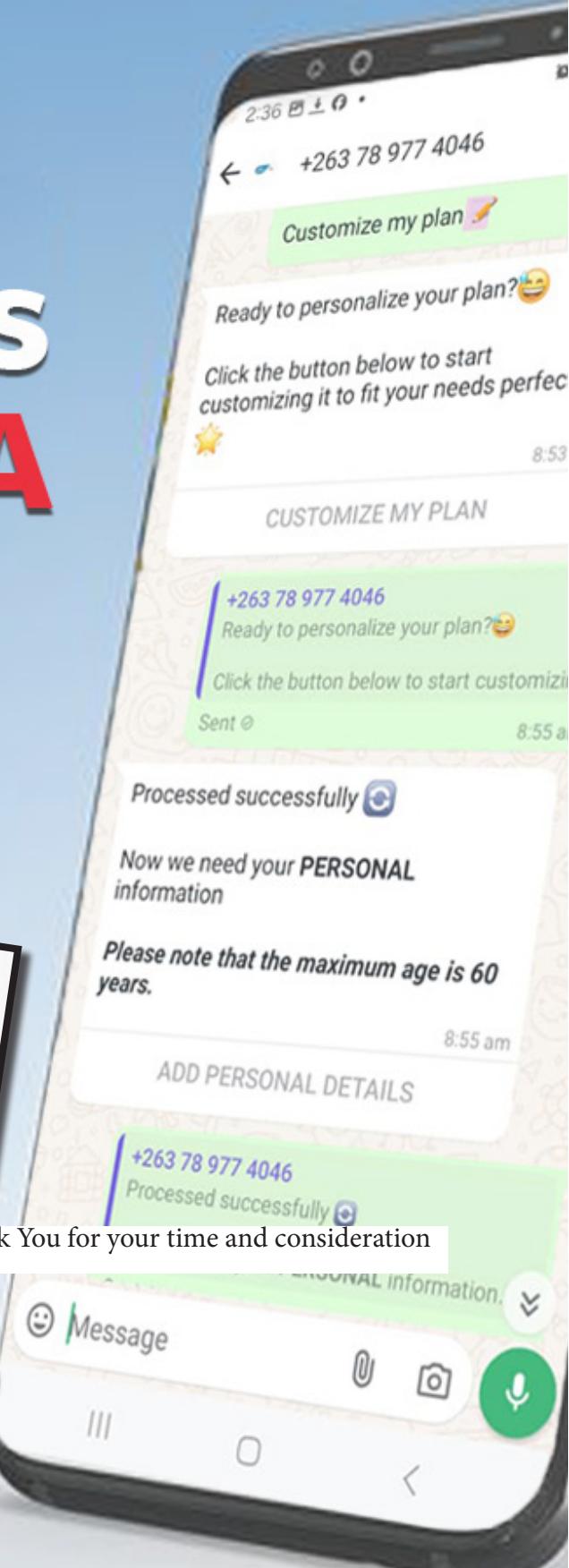
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NOVEMBER 2024