

Feel Good & Do Good this July!

NZARH and LGFB are joining together again this July to help fund free **Feel Better Classes** for anyone facing any cancer, anywhere in New Zealand.

look good **feel better**

**Feel
Better**
Friday



“It’s beyond beauty, it’s good for your self-esteem.”



look good
feel better

FACING CANCER WITH CONFIDENCE



NZARH™

Your Salon can help make a **big difference!**

- 1. Choose something grand or small** your salon could do for an hour day or over the month of July. This could be anything! A raffle, special add on treatment, VIP day, Add a dollar, open donation or special product sales.
- 2. Register your salon** – let us know what you are doing, upload a pic or salon logo and get started. You will be joining NZARH salons form all across NZ.
- 3. Advertise your activity** using our downloadable poster
- 4. Snap some pics** and let us know how you are going – we are here to help so if you have any questions we'd love to hear from you! amber@lgfb.co.nz
- 5. Do Good** – get your funds to us and we will put them to good use supporting cancer patients in your community.

Thank you! Together
we can **Feel** Good and
DO Good this July.

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