



!! Announcements !!



Health Habits Fitness & Massage

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**New Health Habits
WEB Site contains info for
the Annual NGA
Competitions**

▶ <http://www.healthhabitsmontana.com/>



Click the **NGA Competition** link for details about the Annual Health Habits NGA Body Building, Fitness and Figure Competitions, as well as photos, information, and newspaper/magazine articles from previous competitions.

Web site developed by **Web Transformations, LLC.**
Mary Trankel, **406-550-1011**
mary@webtransformations.com

**DVD VIDEOS of
this Show for Sale**

Available from:
Mary A. Trankel
Web Transformations, LLC
PO Box 4153
Missoula MT 59806-4153
406-550-1011
mary@webtransformations.com

▶ The **3rd Annual Health Habits NGA Body Building, Fitness & Figure Competition** will be videotaped using equipment from the Missoula Community Access Television (MCAT) station. A portion of the show will also be aired on MCAT during the next few months. Check the Health Habits Web site for airtime details as they become available. If you do not want to appear in this production, please contact the show hosts or Mary Trankel as soon as possible.

DVDs of the show can be purchased for **\$22.00**, which includes a \$2.00 fee to MCAT for use of their equipment. Provide the following information to Mary Trankel (see contact information at the left):

Name: _____

Mailing Address: _____

City/State/Zip: _____

Contact Phone: _____

of DVDs requested: _____

Amount Paid: \$_____

Payment by: (circle) **Cash** **Check #**_____ **Money Order**