

## **Buddha Turns GREEN**

### **HYPERLINKS:**

Bunnings <http://www.bunnings.com.au/>  
CitySmart [http://www.brisbane.qld.gov.au/BCC:CITY\\_SMART::pc=PC\\_2796](http://www.brisbane.qld.gov.au/BCC:CITY_SMART::pc=PC_2796)

### **Charities**

Over the past 12 years at the Buddha Birth Day Festival, the BLIAQ through their charity arm “The Loving Care Group” supports local charities through funding donations and promotion of their organisations.

In the past support has gone to:

- Royal Brisbane & Women's Hospital Research Foundation (RBWH)
- Queensland Spastic Welfare League
- Queensland Cancer Fund
- Brisbane Lord Mayor's Community Trust
- Logan Special School
- Queensland Museum
- Gold Coast Arts Centre
- Leukemia Foundation of Queensland
- Queensland Society for Crippled Children
- Griffith University - Griffith Health
- Gold Coast City Art Gallery
- Queensland Health - Logan Hospital
- Griffith University - Institute for Glycomics
- National Breast Cancer Foundation
- Mater Foundation - Child and Youth Mental Health - Mater Children's Hospital

In 2008 the Buddha Birth Day Festival is supporting:

- Royal Brisbane & Women's Hospital Foundation
- Griffith University Institute for Glycomics
- National Breast Cancer Foundation
- Medecins Sans Frontiers

Visit the following websites and learn about the good work that these organisations do in providing much needed benefits to the community.

### **HYPERLINKS:**

Loving Care Group <http://www.chungtian.org.au/>  
Royal Brisbane & Women's Hospital Foundation <http://www.rbwhfoundation.com.au/>  
Griffith University Institute for Glycomics <http://www.griffith.edu.au/science/institute-glycomics>  
National Breast Cancer Foundation <http://www.nbcf.org.au/>  
Medecins Sans Frontiers <http://www.msf.org.au/>

## **FREE Tai Chi**

Tai Chi is a low impact exercise developed by the Chinese over one thousand years ago. It consists of a series of slow, controlled movements or postures and is usually practiced outdoors to take advantage of the surrounding energy of nature.

Proudly supported by Queensland Health and aimed at promoting the value of exercise as part of a healthy lifestyle, every morning during the week leading into the Buddha Birth Day Festival the people of Brisbane are invited to join in the **FREE TAI CHI classes**. Running from 7:45am to 8:30am this event will be held on the grass square outside QPAC adjacent to the Victoria Bridge.

If that is a little early for you, why not join in the **FREE TAI CHI** class in the Upper Queen Street Mall on Monday the 28<sup>th</sup> of April at 12:00 noon.

On Friday, the class will go for a Guinness Record as the largest Tai Chi class in the Southern Hemisphere.

**FREE TAI CHI classes QPAC Mon 28/04 – Fri 02/05 7:45 am – 8:30 am**

**FREE TAI CHI class Queen St. Mall Mon 28/04 12:00 noon**

### **HYPERLINKS:**

For information on Meditation, Tai Chi & Yoga classes visit

Chung Tian Temple <http://www.chungtian.org.au/>  
Qld Health <http://www.health.qld.gov.au/>  
eatwellbeactive <http://www.health.qld.gov.au/eatwellbeactive/>

## **Health & Wellbeing**

### **HYPERLINKS:**

For information on Meditation, Tai Chi & Yoga classes

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Qld Health <http://www.health.qld.gov.au/>  
eatwellbeactive <http://www.health.qld.gov.au/eatwellbeactive/>