

HEALTH & FITNESS

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Hi ya! Karate skills aid overall health

At Boreland's School of Karate at 148 Armstrong Avenue, students (from left) Kristy Buchanan, Ryan Smith and Rachel Innis practice their bow kata routines as they develop their skills and maintain a higher level of fitness and wellness in the process. The recently re-located facility offers programs for participants of all ages and levels of expertise.

Photo by Ted Brown



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