



**ONE PUFF TOO TOUGH  
Presents**

*Women's Meeting*



**This meeting will be held every 2nd & 4th  
Sunday of every month from 3pm to 4 pm**

**Upcoming dates are as follows (for 2009):  
7/12, 7/26, 8/9, 8/23, 9/13, 9/27, 10/11,  
10/25, 11/8, 11/22, 12/13, 12/22**

**9500 International Blvd.  
Oakland Ca**

**For more information contact: Debra G. 510-228-9452**

**For all CA East Bay meeting information/directions call  
510-268-0600**