

LEADERSHIP TEAM'S FIRST MINI TOURNAMENT SUPPORTING "CHILDREN'S HERITAGE FOUNDATION"

At the Family Karate PQ Studio

Monday December 19 and Tuesday December 20. All PQ students can enter , all ages, all ranks.



Each student can enter one event. Cost for each student is \$5, \$10 for the entire family to enter. Please make checks payable to "Children's Heritage Foundation"

Family Karate's own CHRISTIANA COULAPIDES (First Degree) is involved with "Children's Heritage Foundation". They assist an orphanage in Haiti called Good Rest. Good Rest lost the majority of their buildings during Haiti's earthquake.

Christiana visits Haiti as part of a relief effort. The first visit in 2010 had the children sleeping in overcrowded tents. The Foundation will build, dig, paint, or do anything else that needs to be done. Christiana has helped build a road, move cinder blocks and stain picnic tables. The most important part of her efforts is loving the children who have no families.

Christiana heads back to Haiti the day after Christmas. Your donations will help the Foundation provide gifts, food, medicine and other needed supplies.

Events and Event Times Posted at: www.familykaratepq.com

Email tduncan@familykaratepq.com with questions.