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Women's groups achieve great Big year for Empire Bay things together

Progress Association

M1 disruptions as bridge maintenance proceeds at

Call for action on out of-order











Central coast





















CHRONICLE CHRONICLE



Artist's impression released for Lakeside Plaza redevelopment



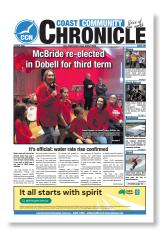




Coal mine approval recommended to Minister despite risk to drinking wate







All issues available in flip book here https://issuu.com/centralcoastnewspapers





Pittman notches 22nd win at Entertainment Centre













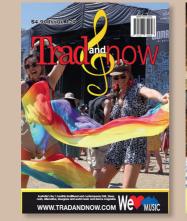
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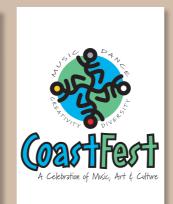








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HOME FEATURES PORTFOLIO TESTIMONIAL

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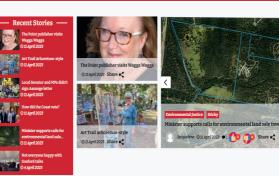
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 Loose feather and fibre filled seat and back cushians

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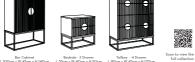
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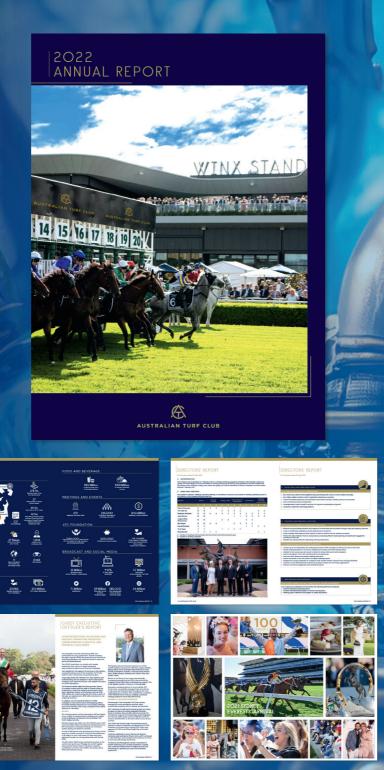
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AUSTRALIAN TURF CLUB

STOP AND TAKE NOTE!! HAS YOUR AIR CONDITIONER BEEN CLEANED IN THE LAST 12 MONTHS OR SINCE YOU INSTALLED IT?

IF NOT IT WILL CONTAIN BLACK MOULD AND BACTERIA GUARANTEED...(Must Read)

If you're living in a home that has NEVER had your A/C Unit cleaned, you are breathing in dirty, unhygienic ar filtered with mould and bacteria that's growing inside of your system. An alarming number of Australians have never had their A/C unit cleaned or even inspected it for signs of

mould, as a matter of fact a high percentage have never even heard or thought about getting it cleaned professionally. The dusty filters get cleaned but not the coil which is a breeding ground for unhealthy harmful nasty germs like bacteria, mould and viruses. Studies have proven that this is a major cause of sickness and excessive power bills in your home, school or place of work.

A healthy clean air conditioner can improve the performance and durability by more than 50% if maintained on a yearly basis and can also help keep your family, friends and pets in good health. Mould and airborn bacteria is not something you want to be breathing in daily, it will without a doubt cause health issues.

To keep your family safe and breathing nice clean air this summer, it's time to get your a/c unit cleaned/ treated and freshened up.

When you use a dirty, untreated air conditioner, the black mould will blow out of your air conditioner onto you and your family and can cause issues such as...

- Asthma attacks
- Sore throats

- irritation Fatigue
- Frequent colds or Flu-Like

This can be prevented by booking in a clean with us today.

















 Allergy discomfort Dry eyes Respiratory problems Gastro symptoms

- Hay fever, Dust & Pollen
- Headaches symptoms

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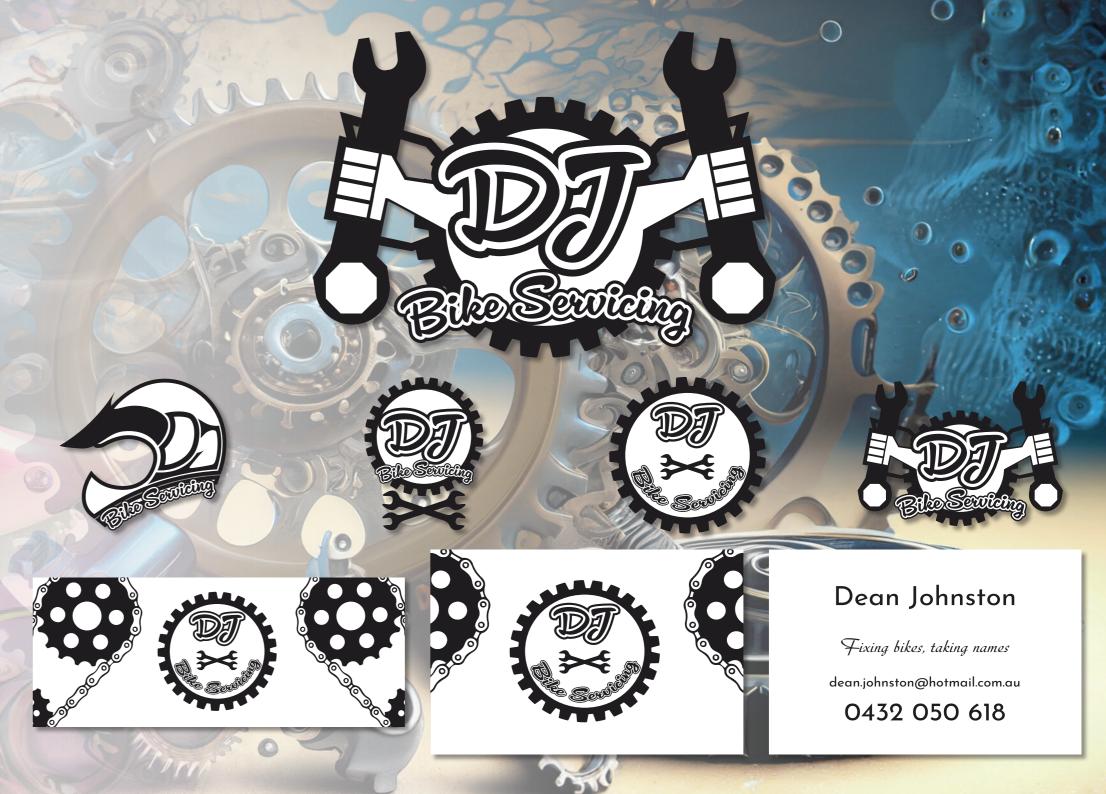
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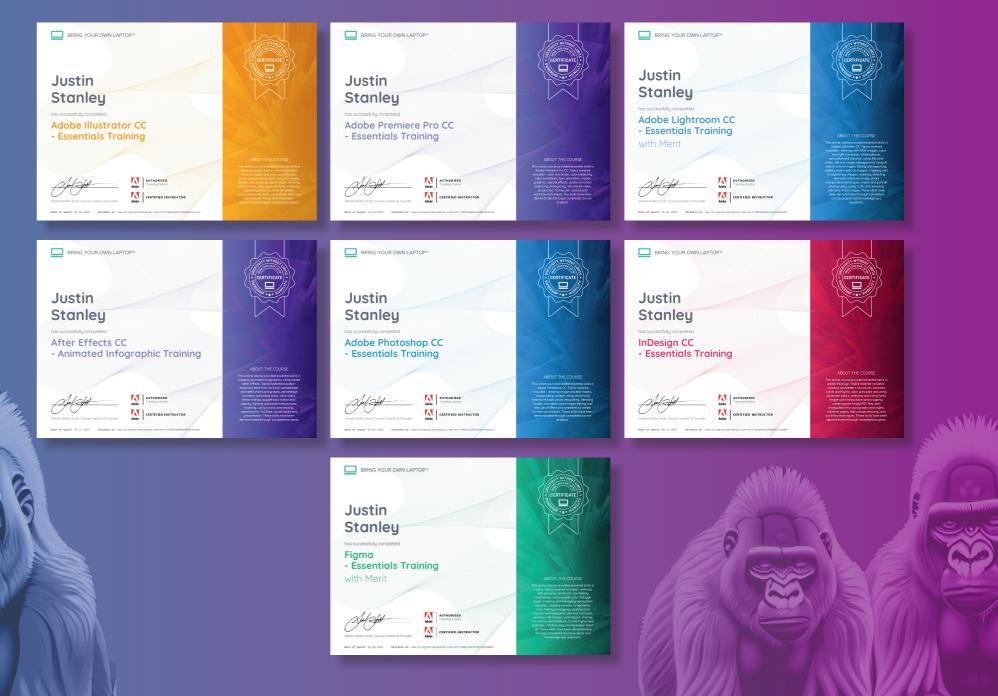








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