



## QuadPara Association of South Africa (QASA)

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20<sup>th</sup> May 2010

### To Whom it may concern

QASA proudly endorses T.U.B.E.S as a valuable and useful exercise tool for people with disabilities. The lightweight and the user friendly nature of the product makes it ideal for use anywhere as well as on the move. Through regular exercise, T.U.B.E.S can help you to maintain a positive and healthy lifestyle!

Quadriplegics and Paraplegics are always encouraged to exercise and this is essential for their well being and health.

There are not many exercise devices for wheelchair users and TUBES is a viable product and solution.

QASA supports the use of this product and will promote this product within the membership.

Best wishes

**Ari Seirlis**  
**National Director**

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QUAD SQUAD DAY is a QASA trademark  
QASA is the winner of the S.A. Guild of Motoring Journalists - CARS "Road Safety Project of the Year 2003" Award  
QASA is the owner of the Rolling Inspiration publication  
QASA is the recipient of the Impumelelo Merit Award 2010



Strategic Plan Vision: "Developing the full potential of quadriplegics & paraplegics"

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