



OUR VISION

An Australian Muslim community that has a positive and sustainable contribution globally.

About the LMA

LMA HISTORY

The Lebanese Muslim Association (LMA) was established in 1962 by a group of Lebanese immigrants. Its aim was to provide social, religious, educational and recreational services for the Muslim Community in Australia.



The LMA set out to unify the community with a common place of worship, and in 1972 began the construction of one of Australia's largest mosques, Masjid Ali ibn Abu Talib.

The LMA has worked with government agencies, not-for-profit organisations and individuals on small and large projects providing much needed services and awareness of Islam.

Over the last 40 years, the LMA has grown to be the leading Islamic grassroots, community-based organisation in Australia.

Currently, the LMA manages one of Australia's largest Mosques and has become one of Australia's largest Islamic not-for-profit organisations.



MISSION STATEMENT

- To innovate and build resilient inclusive communities to help Australian Muslims achieve their full potential.
- To develop leadership to strengthen the Australian Muslim community.
- To serve and engage Muslims by promoting and advocating social harmony in a multicultural environment.
- To enhance understanding of Islam, empower Australian Muslims and build a better future for the Australian Muslim community.

OBJECTIVES

- The LMA is dedicated to assisting in the growth of solid, strong, sustainable, articulate, and effective Muslim communities. When Muslim communities are healthy and strong, the positive and uplifting impact of the Muslim presence will be felt throughout Australia.
- The LMA works hard to meet the community's religious, educational, social, and recreational needs. It promotes community independence through the enhancement of the infrastructure and network of the Australian Muslim community.
- The LMA's purpose is to strengthen families, empower women, encourage youth, engender a vibrant community, cultivate leadership and foster respect for all.
- The LMA is committed to working on the national level to promote and protect the interests of Muslims in Australia. As a grassroots organisation, the LMA voices the concerns of the Muslim community and takes necessary actions to advocate and realise the religious, social, cultural, educational, economic and political rights of Muslims in Australia.
- The LMA has a greater vision for Australian Muslims and is committed to attaining a world-class organisation for the Muslim community.
- The LMA is open to all Muslims, regardless of their ethnic, economic, language or racial background. In fact, Muslims of Australia form a global rainbow of backgrounds. The LMA welcomes the participation of all segments of the diverse Muslim population and encourages their voice and presence in the LMA's activities
- **The LMA is dedicated to reaching out to convey the message of Islam, speaking out against all injustices, advocating Islamic solutions to societal problems and becoming involved in effecting positive change in Australia.**

BOARD MEMBERS

Samier Dandan

President and Public Relations

Dr. Mosbah Taha

Vice President

Moataz Zreika

Treasurer

Khaled Alameddine

Secretary

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Hilal Yassine

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President's Message

Assalamu Alaykum wa Rahmatuh Allah wa Baraktuh,

Over the last year, the Lebanese Muslim Association (LMA) has been extremely busy with many significant and historic achievements. These achievements were only possible through the help of the Muslim community in Australia. The highlights have been our Engage Challenge Grow programs with support from the Department of Social Services, the \$10 million grant to build an aged care facility and getting certified as foster care providers.

However, these achievements represent the beginning of our work. The LMA has a greater vision for Australian Muslims and is committed to attaining a world-class organisation for the Muslim community.

Although the LMA is relatively new in Australia, our mission has always been to act as responsible stewards and leaders for the community. We are focused on obtaining greater benefits for the community through exploring various avenues and, at the same time, determined to see the Muslim community make larger contributions to the broader Australian communities in which they live.

Over the coming years, several important developments will be made that seek to continue to invest in the future growth of the organisation. We plan to build on our educational

programs, enhance our services to the community and commit to numerous welfare and community initiatives.

We also intend to increase and strengthen our involvement in the political process to ensure policy makers at both the state and federal level understand the needs of our

“...our mission has always been to act as responsible stewards and leaders for the community.”

community. Equally, we will continue to build on our strong ties with the local, national and international community to better serve the Muslim and broader Australian community.

As we move towards the implementation of our vision, we are grateful that the LMA has begun to build better foundations for the Muslim community in Australia – but we also understand we have a long road ahead of us. In order to achieve our goals, we need your support, your help, your dua'a and the Blessings of Allah.

With Peace,
Samier Dandan



Lakemba Mosque

The Imam Ali Bin Abi Taleb Mosque (also known as Lakemba Mosque) is one of the largest mosques in Australia. It is owned and managed by the Lebanese Muslim Association. The Mosque is open for the five daily prayers and conducts weekly lectures in Arabic, English and Tajweed classes for youth and adults. Friday Jumm'ah Prayers are also held onsite.



The mosque runs mosque tours for schools and organisations in NSW. In the past few months, over 40 tours were done that included several hundred students and community members.

The mosque also runs daily classes after each of the five prayers. These

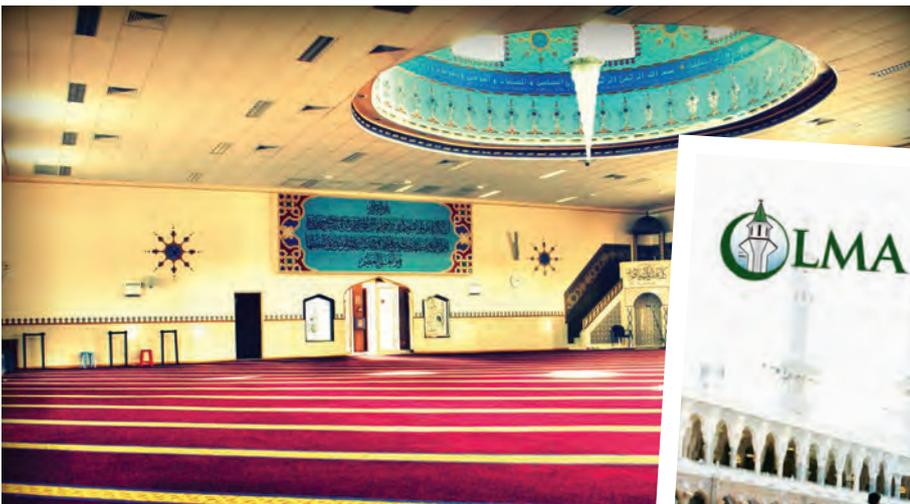
are run by a diverse range of religious scholars in both English and Arabic.

Eid Prayers are held at the end of Ramadan. Over 40,000 Muslims attend the mosque to celebrate. The LMA holds a children's fun day that includes jumping castles, face painting and other fun activities.



Every year Lakemba Mosque tries to create a positive, spiritual environment during Ramadan. Daily ifaars and Taraweeh prayers are held at the mosque.

In order to ensure that prayers run smoothly, the LMA has made a multitude of adjustments to the Mosque such as the introduction of a Solar System and the upgrade of lighting to Energy efficient lighting. The mosque has also been re-painted along with the upgrade of the air conditioning and microphone/speaker system to ensure all visitors of the Mosque can hear the leader and reciter clearly.



LMA
LMA UMRAH 1435/2014
WITH SH. YAHYA SAFI
APRIL 14 - 26, 2014

\$3850 OPEN FOR ALL AGES & FAMILIES
 DISCOUNTS APPLY FOR LARGE GROUPS

UMRAH PACKAGE INCLUDES:

- ✓ ROUND TRIP FROM SYDNEY
- ✓ ETIHAD OR EMIRATES AIRWAYS (DEPENDING ON AVAILABILITY)
- ✓ 5 NIGHTS IN MADINAH (DYAR INTERNATIONAL 5 STAR)
- ✓ 5 NIGHTS IN MAKKAH (SWISS HOTEL 5 STAR)
- ✓ 3 PERSON PER ROOM (STANDARD)
- ✓ BREAKFAST BUFFET INCLUDED
- ✓ AIRCONDITIONED COACH
- ✓ SIGHTSEEING IN MADINAH AND MAKKAH
- ✓ LESSONS IN ARABIC AND ENGLISH
- ✓ LESSONS IN SYDNEY BEFORE DEPARTURE

FREE GIFT PACKAGE INCLUDES:

- ✓ 10L ZAMZAM WATER
- ✓ IHRAM CLOTHING FOR BROTHERS
- ✓ JILBAB FOR SISTERS
- ✓ SAUDI SIM CARD
- ✓ OTHER UMRAH ACCESSORIES

LIMITED SPACES

FOR MORE INFORMATION PLEASE CONTACT US:
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LMA Umrah Trip

Our annual trip this year was ran during school holidays with several students from Al Noori Islamic School joining us for Umrah. The trip included visits to holy sites and lectures by Shaykh Yahya Safi in both Arabic and English.



LMA Quran College & Shariah School

The LMA Quran College and Shariah School was designed to provide the community with access to an extensive amount of knowledge in Islamic subjects and practises to add depth and comprehension for those seeking to increase their understanding of the faith. The school currently has three levels of student enrolment for various age groups and has three main components:

1

Islamic Studies

Students learn basic Islamic creed including morals and manners, an introduction to the five pillars of faith, with the teachings and life of the Prophet Mohammad (pbuh).

2

Advanced Quran Program

Students memorise the whole Quran, at 1.5 hours per week where applicants must have a solid knowledge of the Quranic Recitation.

3

Quran Memorisation

The aim of this program is memorise one chapter every term, 4 in total per year directly from a Sheikh or a qualified Quran teacher. In 2013, the LMA introduced Quran recitation and Ijaza, and the provision of seven forms of Quran recitation.

The LMA holds Shariah and life skills classes in Arabic every Monday, Tuesday and Wednesday. These lessons are free of charge and are women only. They are held at the LMA grand function hall. Over forty attendees are present for every lesson.

Comedy and Poetry Under the Stars

20th March 2014

As the second instalment in the LMA Harmony Day Campaign, the comedy night was headlined by national comedian Khaled Khalafallah and poet Simon Taylor. Featuring four local artists: Will Small, Sara Mansour, Eiman AlUbody and Yasmin Lewis, Comedy and Poetry Under the Stars was held at the Bankstown Arts Centre, hosting a full house of attendees. The event itself allowed for members of the wider community to come together harmoniously and engage in a fun evening.



Harmony Day Campaign

The LMA hosted a series of events around Harmony Day to celebrate cultural respect and unity

Harmony Day Festival 22nd March 2014

In partnership with Bankstown City Council, Bankstown Arts Centre, Bankstown Youth and Development Services (BYDS), Centrelink and the NSW Police Force, this event signalled the final instalment of the LMA Harmony Day Campaign. Held at Paul Keating Park, the LMA Harmony Day festival featured a stage of multicultural performances, free rides, a petting zoo, MasterChef cooking demonstration by Amina Elshafei, kids' activities, community service stalls and a free community BBQ. The festival itself was a great reminder as to the wonderful diversity of the local community and really highlighted the multicultural nature of the area. Almost every cultural group was represented in one way or other and attended the harmonious day of family fun.

Khalil Gibran Theatre Production 14th and 15th March 2014

A collaborative project between the LMA, BYDS and the Bankstown Arts Centre, this production was based on the classical Lebanese poet Khalil Gibran's 'The Prophet'. The event allowed the 28 chapters

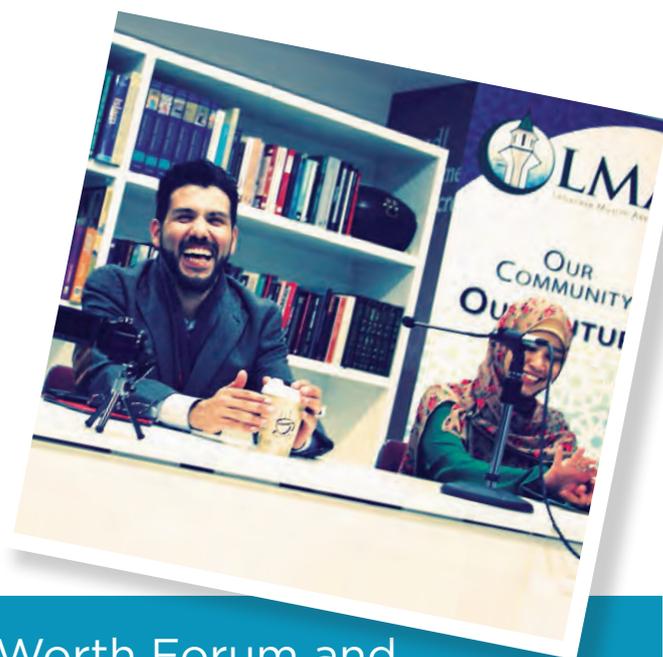
of nwell-loved book to be individually expressed by 35 local artists who were each given a performance space to convert into their vision. With over 380 people attending this production and being the initial instalment of the LMA



Harmony Day Campaign, it was a completely sold out and successful event, garnering overwhelming positive feedback from the community.

Write on THE WORLD SERIES

The LMA was honoured to host Mark Gonzales during the 'Write on the World' series through Australia between March and April.



Mark Gonzales, international poet, social entrepreneur and impact speaker who specialises in social wellness, has over a decade of experience focusing on emotional intelligence. His portfolio of clientele includes Stanford University, TED(x) talks, Nobel Peace Prize Laureates, Refugee centres in the Middle East, and the World Islamic Economic Forum. Mark hosted and partook in several events with the support of the LMA during his stay in Sydney.

A Words Worth Forum and Q and A 31st March 2014

The first Sydney event as a part of the 'Write on the World Series', was a panel Q and A that featured Mark Gonzales, local writers Raidah Shah Idil, Sara Saleh and May Fahmi and was hosted by the LMA's witty Mostafa Rachwani. The forum allowed for a large range of discussion to take place; from the challenges of storytelling to drawing inspiration and the true value of words. This event also featured a book reading and signing by Raidah Shah Idil.

April Bankstown Poetry Slam FT: Mark Gonzales 1st April 2014



The April 2014 slam was Mark Gonzales' second feature event in Sydney as part of his 'Write on the World Tour'. Held at Bankstown Arts Centre, the poetry slam attracted the largest recorded attendance in its history, with over 400 people filling the performance space.





TruthSayers Artist Panel Sunday 6th April 2014

Sunday 6th April 2014 Mark Gonzales and LMA Project Officer, Ahmad Al-Rady took part in an engaging artist panel at the TruthSayers Sunday Session, at the Wheeler Centre in the Melbourne State Library hosted by Express Media. The night also featured a performance from each artist that was translated into sign language for the hearing impaired.

Public Skillshare Workshop 2nd April 2014

The final instalment of the Mark Gonzales tour in Sydney was a workshop allowing for the sharing of stories, articulation of ideas and the expression of thought. Held in the LMA Library, this intimate event generated a lot of positive energy and inspiration, giving a platform for attendees to openly express and reflect in a safe environment.



Mark Gonzales and friends Performance evening Saturday 5th of April 2014

Following the events that took place at Sydney, the Write on the World Series toured Melbourne, whereby the LMA facilitated a performance event at Benevolence House. The night featured performances from Mark Gonzales, the Stand Tall, Speak Out mentor poets, the talented Tyson Amir, Ahmad AL-Rady and was hosted by the eloquent Alia Gabres.



Think Again Initiative



Yasir Mirza was another international guest the LMA hosted as a part of the 'Think Anew Act Anew' succession, a series of events run under the LMA Think Again initiative.

Yasir is the Head of Diversity and Inclusion at Guardian News and media and works across all areas of the industry, including editorial, commercial, recruitment and development. Yasir has also been a stage actor for various productions and worked with children from disadvantaged backgrounds, using theatre as a technique to build

self-esteem, confidence, and self-expression. During his stay in Sydney he partook and ran three major events and also provided feature writing sessions for the LMA's Leadership Program and Think Tank. Yasir also ran a Social Media Campaign Workshop and a Feature Writing Workshop at the LMA in April.

Discussing the past, present and future of our community – Q and A 11th April 2014

A public Q and A featuring Samier Dandan, President of the LMA, Aftab Malik, the LMA's scholar in Residence and Yasir Mirza, the Head of Diversity and Inclusion at Guardian News and Media in the UK and was hosted by

Widyan AlUbody. The forum gave members of the public the opportunity and platform to raise issues and ask any questions regarding living as a Muslim in a Western country, issues of identity, the Australian Muslim community and, the LMA and their involvement within the sphere of Australian Politics.



JAAN Arts week and 'Think Again' 1st - 7th May 2014

The LMA partnered up with the Justice and Art Network (JAAN) for this year's annual 'Arts Week' as a part of the LMA 'Think Again' initiative.

The week featured a series of events, including an ongoing art exhibition featuring local artists, a launch evening, a Q and A session and performance nights featuring international guests Peter Sanders, Baraka Blue and Nimah Nawwab. JAAN Arts week also included Creativity and the Spiritual Path (CSP).



Creativity & the Spiritual Path (CSP)

Creativity & the Spiritual Path (CSP) is an ongoing series of events designed to nurture and cultivate creativity among Muslims around the globe, both individually and collectively. CSP 2014 was held at the iconic Museum of Contemporary Art, Sydney and featured an incredible line-up of guests. This event was kindly supported by the team at JAAN and sponsored by the LMA as a part of the 'Think again' initiative.

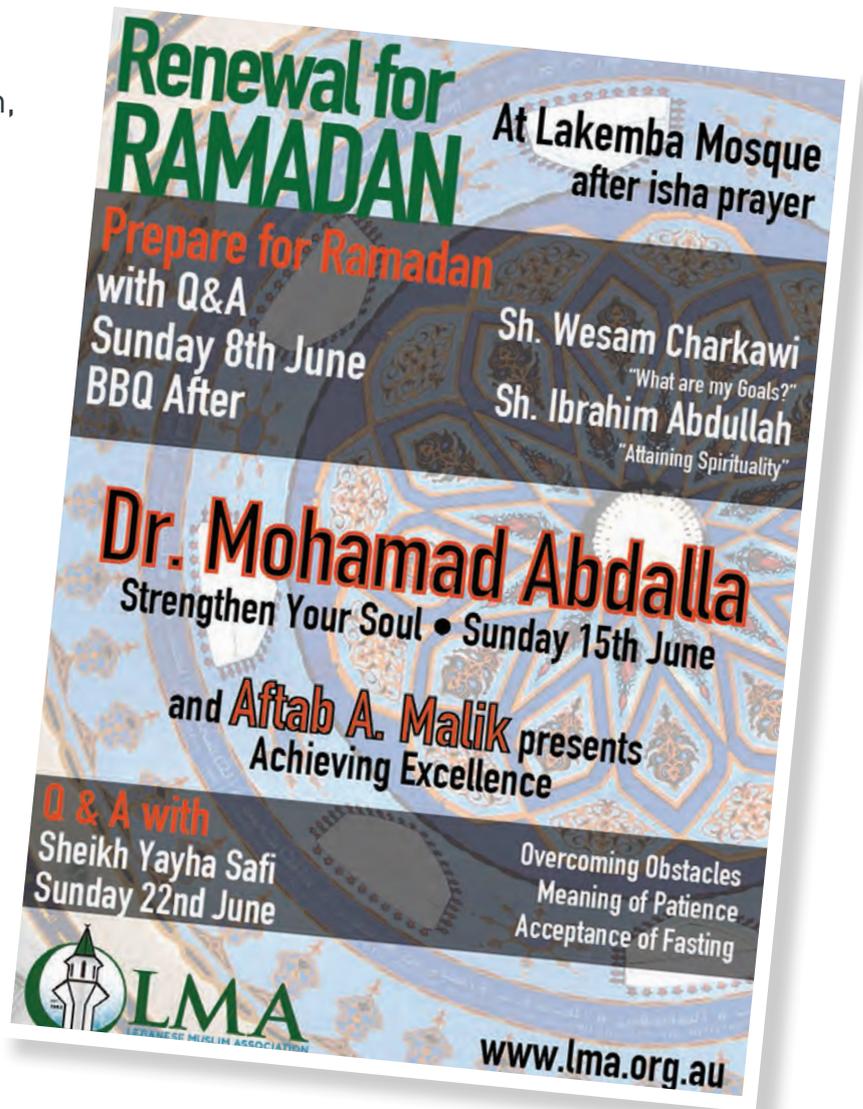
This event featured an inspirational line of speakers including globally renowned photographer Peter Sanders, the LMA's Reuben Brand, Waleed Aly, Fadle El Harris, Baraka Blue, Nimah Nawwab and many more.

Renewal for Ramadan

The LMA put together a weekly preparation for Ramadan program, held every Sunday from the 8th of June at Lakemba Mosque.

Featuring speakers such as Sh. Wesam Cherkawi, Dr. Mohamad Abdalla, Aftab A. Malik and many more, these events were put together to help the Muslim community prepare and feel renewed for this Ramadan.

'Prepare for Ramadan' held on the 8th of June, was the first instalment of the Renewal for Ramadan series, featuring Sh. Wesam Charkawi, who spoke about the goals one should have in place for Ramadan, and Sh. Ibrahim Abdullah who touched on attaining spirituality. The night hosted a Q and A as well and a BBQ after the talk, facilitating questions and networking between the presenters and attendees.



The second instalment, on the 15th of June featured a talk on 'strengthening the soul', delivered by Dr. Mohamad Abdalla, and 'achieving excellence' presented by Aftab A. Malik.

The third and final event for the LMA's 'Renewal for Ramadan' Series, held on the 22nd of June, featured a Q and A with Sheikh Yahya Safi and a discussion on overcoming obstacles, the meaning of patience and how the fast is accepted.

Aspire Role Models (ARM)



Aspire Role Model is part of a series of projects the LMA have been working on, which aim to break down some of the negative stereotypes about Muslims and create a sense of cohesion within the community.

The project's goal is to inspire and challenge stereotypes and misconceptions of the Muslim community through interactive presentations of the life paths of successful role models. The LMA has recruited twenty role models, including police officers, human rights activists and business owners. A portfolio has been created for each of them and

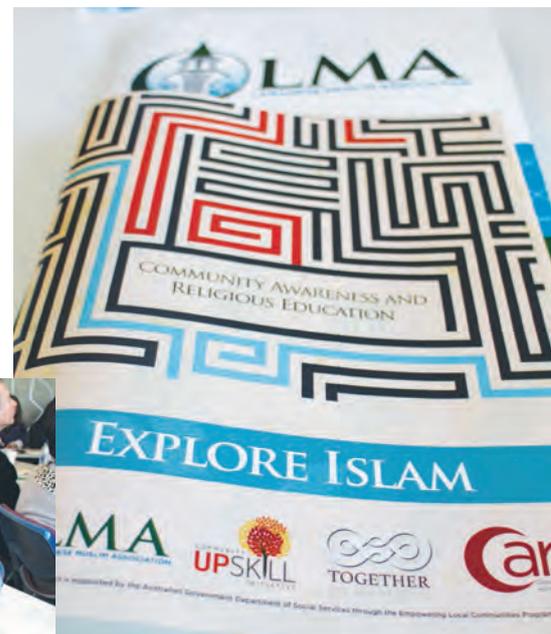
distributed to over fifteen local public and private Muslim schools. This allows each school to select a Role Model of their choice to present and engage in discussion with students. Videos of the selected Role models are currently being released onto the LMA Facebook page and Youtube channel twice weekly. Thus far, three role models have been selected and completed their

presentations. Assmah Helal has presented at the Australian Islamic Institute Academy in Kellyville, Heba Ayach at Wiley Park Girls High School and Danny Mikati presented to year five and six students at Narwee Public school. Three more presenters have been chosen to present at other schools in August after the school holidays.

Community Awareness and Religious Education (CARE) 16th & 19th June 2014

Community Awareness and Religious Education (CARE) aimed to provide cultural and religious awareness training to diverse service providers. Religious awareness entails an understanding of how a person's religion may inform their values, behavior, beliefs and basic assumptions. This workshop featured presentations from Aftab A. Malik, Maha Najjarine, Sahar Dandan, Danny Mikati and Nadia Saleh. The presentations helped CARE attendees identify that there are individual needs to each person, and that no individual should be reduced to a set of cultural and religious norms. CARE gave an overview of Muslim beliefs and practice within a relevant framework

of wider Australian society and the workplace. It also provided an open and friendly forum to ask questions. Originally planned as one workshop for 30 people, the CARE team had to re-plan and cater for a larger audience after such overwhelmingly positive feedback. The workshop was held over two days and hosted over 60 people.



ONGOING LMA Programs

During the year, the LMA launched a series of ongoing programs to run alongside their one-off events.

Stand Tall Speak Out!

The Stand Tall, Speak Out! project actively engaged High School students from years 10 and 11 from five local High Schools from across Sydney for five weeks. The aim of this age group was to enable each student with the opportunity to nurture their creativity as they mature into young adults. Each school was assigned one seasoned and experienced poet to run weekly poetry workshops.

The mentor poets supported the students and helped them construct an original poem with the end goal of performing it in front of an encouraging audience at the inter-school slam.

Mark Gonzales joined the project during the last week of school workshops as a guest mentor on the project. Upon completion of the five-week program, the students who worked on poems performed at the Stand Tall, Speak Out! Inter-school poetry slam.

The inter-school poetry slam was held at the State Library of New South Wales. The State Library enjoyed the event so much that they have added the marketing STSO poster to their permanent archive collection of works. The Inter-school slam was a friendly competition where students represented their school in a safe and inclusive environment.

The STSO project commenced on February 24, 2014 and ended during National Youth Week on April 4, 2014. 75 students from five participating schools were involved with over 55 students performing during the inter-school slam.



Leadership Program

This is a program designed for aspiring Muslims leaders who are passionate about their faith and driven to develop and further their skills in order to give back to their community and portray Muslims in Australia in a positive light. The 18 members of the leadership program have now completed their training and participation in the positive intellect program and are currently developing their own projects and events under the guidance of the Leadership Programs Project Officer.

Think Tank

An extension of the LMA 'Think Again' initiative, the Think Tank allows its members to undergo training in areas such as advocacy, presentation and feature writing along with becoming members of the Positive Intellect Program delivered by Aftab A. Malik over the span of seven weeks. This training was aimed to empower a group of motivated young Muslims and equip them with the resources necessary to tackle issues facing their generation today. With 11 members, training was completed in May and its members are currently developing their own projects and events under the guidance of the 'Think Again' Project Officer.



Playgroup in the Park Wednesday March 19th

The LMA Family Community Project worked with Canterbury Child and Family Interagency (CCFI) on their annual event 'Playgroup in the Park' on 19th March 2014. The event attracted approximately 70 parents from the local community and consisted of a petting zoo, an array of children's activities such as painting and included fruit and drink stations. This event was provided free of charge to the attendees.

Free Legal Consultations

The LMA has recently begun providing free Legal consultations with a focus on family and criminal matters. This program is being ran as a part of the Toolkit for change project.

The consultations are run by appointment after emailing info@lma.org.au with a name, contact number and brief description of your matter. Alternatively the LMA can also facilitate confidential discussions by calling (02) 9750 6833. This program would not be able to take place if not for the assistance of Mona El-Baba.



Community Upskill Initiative

This project was developed to address the lack of trained Muslim Youth workers. It aims to address the unique issues faced by Muslim Youth through providing training and education. The LMA awarded 12 scholarships to complete a Certificate IV in youth Work. In order to complete the certificate, the students must complete several months of training and related work placement. The students are currently in their final weeks of training and have begun work placement.



Positive Parenting Program Every Wednesday starting 4th June 2014

The Triple P, Positive Parenting Program, is one of the most effective, evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P reflects a series of in-depth workshops facilitated by Eman Soliman, a triple P practitioner, to provide simple and practical strategies helping parents to confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships. After three successful workshops 'The Power of Positive Parenting', 'Raising Confident and Competent Children' and 'Raising Resilient Children', the LMA now hosts PPP workshops twice weekly under the Family Community Project, which are held at the LMA library. These sessions are free and open to members of the public.

Positive Intellect Program (PiP) and PiPpublic October 2014 - December 2014

Delivered over six weeks, this intensive program aims to equip students with intellectual tools to better understand Islamic tradition and challenges facing young Muslims living in the west. PiP covers topics including 'the Roots of Radicalisation', 'An introduction to Islam, Shariah and Ethics' and 'An introduction to Citizenship'. Delivered in lecture format, the instructor, Aftab A. Malik, a UN Alliance of Civilization "global expert" on Islam, encourages discussion, engagement and intellectual discourse within his lessons.

PiP2 June 2014 - October 2014

Students who have completed PiP1 through the course itself or within another program such as the Think Tank or Leadership program, are offered the option to further their studies and become participants of PiP2 after presenting to their teacher and peers on what PiP1 has taught them or on an area they found intriguing enough to further research on.

The Baby Buddies Playgroup

is a collaboration between the LMA and SDN Children's Services. It is also under the LMA Family Community Project and is a free weekly playgroup for culturally and Linguistically Diverse (CALD) parents and their children. The public response and attendance has been overwhelmingly positive, with a diverse range of CALD parents registering and joining the group. The Baby Buddies Playgroup was deployed on May 9, 2014 and runs every Friday from 10:00AM to 12:00PM



Path to Paradise Girls Program

Path to Paradise has been running as a successful program under the LMA Women's committee for two years. It is aimed at girls aged 12-18 and up-skills them with communication and leadership tools. This takes place through an array of programs including, excursions, educational tours, camps, and lectures from sheikhs, cooking and Islamic and prayer classes. These classes are held on the first Saturday of every month at the LMA.

OTHER LMA *Events*

19TH JANUARY 2014

An Occasion of Remembrance

Held in the LMA library, this free public event encompassed an evening of reflection on the life of the Prophet Muhammad (upon whom be blessings and peace). Hosted by Iman Dandan, the event featured the poetry of Jalal Ahmad Razi and a lecture delivered by Aftab A. Malik.



24TH MAY 2014

Ignition for Change

A part of the LMA's Toolkit for Change project, Ignition for Change featured a spoken word performance by Hina Khan, a presentation on engaging local communities by Jo Hill, a lecture on challenging perception in terms of collaboration by Aftab A. Malik, a demonstration on the process of contextual collaboration by Brian Smith from Local Community Services Association and Becoming the Instrument of Change delivered by Bibi Goul Mossavi. Over 24 organisations registered for this free, public event held at the LMA.





GOACTIVE

GoActive is a health and fitness initiative which focuses on Muslim and socially disadvantaged women from across Western and South Western Sydney. The initiative is designed to help improve physical, social and mental health and wellbeing through sports, leadership and training.

Go Active is holding weekly sports sessions for girls only!

(12 years+) At Auburn Girls High School gym every Wednesday from 2.45pm-4pm. Soccer, volleyball and basketball sessions run by professional female coaches!

Contact goactive@lma.org.au for more info and to register. Registration is FREE and essential!



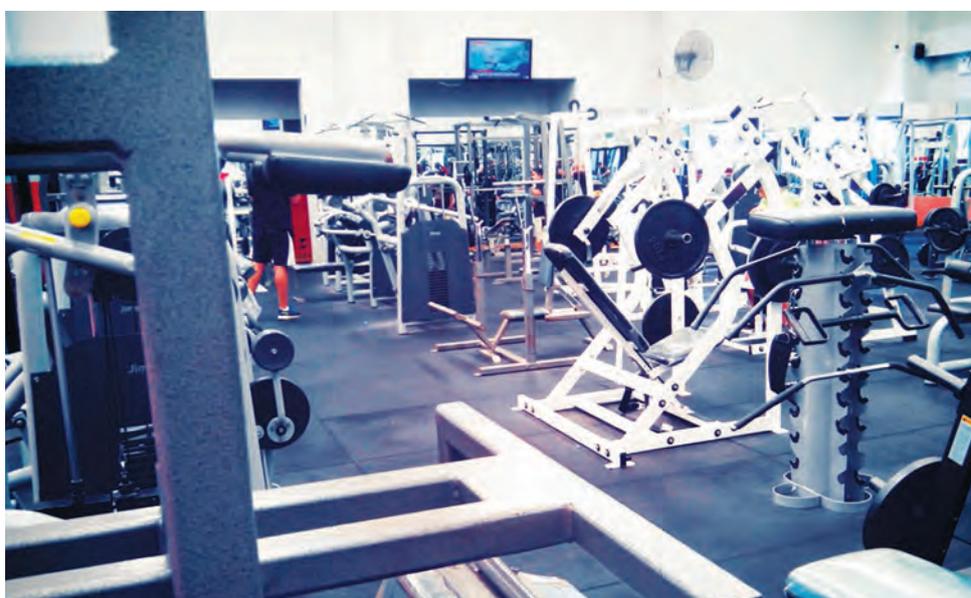
Interschool Trisport tournament

As part of GoActive's 2014 projects, supported by CRC Community Inclusion Grants, we held our first ever Girls Interschool Trisport tournament which included schools from Unity Grammar, Greenvally Islamic College, Strathfield South High School, and Auburn Girls High School. Competing in a round robin gala day of soccer, netball and touch football, Strathfield South High School took home the gold in both Junior and Senior divisions.



Optimus Health and Fitness

Located on level 4 of the LMA building, Optimus Health and Fitness has over 400 members, trained staff, the latest equipment, and specialised training facilities to cater to all fitness levels. In recent months, Optimus Health and Fitness has introduced a physiotherapy/massage service that not only caters to gym members but to the general public.



BodyPunch Boxing Gym

BodyPunch Boxing Gym has established an elite fitness and training environment. Head trainer, Billy Hussein, assisted by his brother, Maz, Nedal and Hussain, have developed a world class boxing program for athletes of all classes. They offer

personal, school, team and corporate training. All classes are conducted in a safe environment with qualified professional instructors helping people of all skill levels learn how to train and get fit and healthy.

Karate

Optimus Gym offers karate classes for male/female children aged from 5-15 years. Classes are fun, safe, and conducted professionally by Karate Champion Bilal El Hayek. Classes are aimed at building self-confidence and physical training.





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Our Community, Our Future

Our Projects:



AMFC (Australian Multicultural Foster Care)

Aged Care Facility

The Engage, Challenge, Grow Program is supported by the Australian Government Department of Social Services.