

## A HEALTHY LIFESTYLE TRAINING WAS HELD FOR ADVOCATES

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On the initiative of advocate, president of Armenia's military taekwondo federation, coordinator of sport and cultural club of the Chamber of Advocates of RA Vrezh Khachikyan a training of healthy lifestyle was organized for advocates.

During the training advocates learnt self-defense skills, gymnastic exercises, breathing exercises.

The training will be ongoing. In the near future such kind of trainings will be held for journalists as well.





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