

**We thank
Twinings
for their
support**

Shane's secret to a good cup of tea

To help Shane fill in his day when he is not at Able Australia, we asked him to use his expertise with tea to select his favourite tea to share with you and our other supporters.

Shane chose this one.

It's Green Tea. A tea that's uplifting to the soul.

Some have shown it to reduce cholesterol and help with high blood pressure. But Shane simply loves this tea because it has a calming effect on him which he finds a great help in his current situation.

He said to let you know that you can drink it with milk and sugar. Though he feels that it's best served without.

A nice cup will make it taste even better, Shane has a favourite cup which he uses each time and hopes you have one too.



It made Shane's day to choose this tea for you. **We hope you enjoy it.**