



time out.

a women's wellness series.

imagine: a stress free holiday season.

eliminate the stressors that zap holiday joy!

cocktails, conversations and JOY!

thursday, november 15th, 2007

6:00 PM – 8:00 PM

frivolous cottage

620 loudon road, latham

RSVP to seemless@nycap.rr.com by november 13.

Topics include:

*Jaime Cashier of Frivolous Cottage:
Simple ways to dress your home for the holidays.*

*Stress Therapist Leigh Ann Zeller, MSW:
Easy ways to conquer stress this season.*

*Brenda Benjamin will provide
stress-melting chair massages.*

*Karen Macielak of Bumble Beads will provide tips on
making magical gifts for your special someones!*

simple solutions to building your best self.

