



time out.

a women's wellness series.

FRESH AND FABULOUS WITH FRIENDS!

An evening tribute to feeling good, looking great and being with girlfriends.

Nationally recognized make-up artist, **Alayne Curtiss of "Make Me Fabulous,"** will show us how create a flawless face in just five minutes!

Jane Trinidad-Hennes, holistic health counselor, will help us reach our life goals by suggesting simple changes to our foods and lifestyle.

Jodie Fitzgerald, creator of [www.grownupgirlfriends](http://www.grownupgirlfriends.com), will discuss her inspiration behind the website and how it can help you!

Thursday, March 27th, 2008

5:30PM – 8:30PM

Frivolous Cottage - 620 Loudon Road, Latham

Please RSVP by March 25th to Frivolous Cottage, at 782 - 2500

Brought to you by the "Time Out Team":

Allison Meyers of Seamless Clothing Consulting
Coco Touhey of Fusion Spa - A Medical Day Spa
Georgia Kelly of Merrill Lynch
Jaime Cashier of Frivolous Cottage

simple solutions to building your best self.