



time out.  
a women's wellness series.

## *Celebrating Our Bodies!*

Internationally certified personal trainer and fitness counselor, **Melissa Grattan of Make It Fit!** will be sharing her top tips for scheduling exercise into our busy lives!

Doctor of Chiropractic and Executive Medical Director of **Healthsource Now, Dr. Leslie J. Botta**, will be speaking about ways you can use basic chiro to look and feel your best!

*We will be collecting new and gently used sports equipment for the Museum Club and Discovery Squad at the NYS Museum (ages 8-18). These programs provide local city children with well-rounded programming in a safe and friendly environment.*

Thursday, April 24<sup>th</sup>, 2008

5:30PM – 8:00PM

Frivolous Cottage - 620 Loudon Road, Latham

Please RSVP by April 23<sup>rd</sup> 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.