



time out.
a women's wellness series.

please join us for

cocktails and conversation

thursday, september 20, 2007

6:00 PM – 8:00 PM

frivolous cottage

620 loudon road, loudonville

RSVP to seemless@nycap.rr.com by september 15.

Self-Improvement "Snip-its" by

Allison Meyers... Seamless Clothing Consulting
Five Fabulously Flattering Fall Fashions!

Georgia Kelly... Merrill Lynch
Five Essential Steps To Your Financial Make-over!

Coco Touhey... Fusion Spa - A Medical Day Spa
Five Simple Anti-Aging Solutions!

Jaime Cashier... Frivolous Cottage
Five Easy Ways to Change Your Home for Fall!

Enter to win our "Pamper Me!" package.

simple solutions to building your best self.