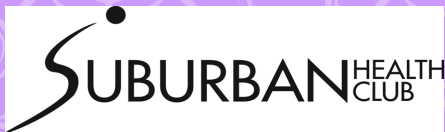


Hosted By:



Friday
February 12,
2010



Visit with friends,
learn something new,
exercise, be pampered, shop,
relax and enjoy this
well-deserved time
Just for You!

Girlfriends' Night Out

Vendors & Booths:

- A Healthy Glo Complimentary & Alternative Wellness
- Diva's Salon, Hair and Body Care & Accessories
- Candle Expressions
- Refine Dermatique
- Coldwater Creek
- Angushire Golf Club
- Williams/Integrecare Clinic
- The Hair Connexion
- Therapie Massage
- Classic Image Salon & Permanent Cosmetics
- More!!!

5:30-6:15PM Welcome Reception

Hors d'Oeuvres & Refreshments, Cash Beer & Wine Bar
Wine Samplings by ???

6:30PM "What Not to Wear" - Dress to Compliment Your Body Type by Coldwater Creek

7:30-10:30 Attend Classes, Shop, Visit and Hang Out!

11:30PM Door Close

Classes Include:

Wardrobing & Scarf Tying, Coldwater Creek
Dr. Mom & Using Essential Oils for Relaxation by G. Brinker, COTA-CNHP
Navigating the Turbulent Waters of Menopause, by Carol Brinkman, FNP
Sun Damage—Can It Be Reversed?, Refine Dermatique
Belly Dance Demo & Class, Jenny Kroska, Radiant Moon Belly Dance
Golf Clinic—All You Need to Know for Great Chipping & Putting, Angushire Golf Course
Mindful Yoga for Women by C. Silva
Body Boogie (Cardio Class) by K. Zellner
Also Available: Chair Massage, Reflexology,
Hair & Make Up Make-Overs, Purses, Scarves, Jewelry, Waxing & More!

Suburban Health Club

Hwy 23, Just West of I-94 Exit
10081 Co. Rd. 138
St. Cloud, MN 56301
Phone: 320-251-3965
www.suburbanhealthclub.com

Cost: \$25 per person/\$20 for Suburban Members. Includes refreshments, speakers, classes, and use of facility. Dress comfortably and bring/wear appropriate attire if attending an exercise classes.

To register*, please call (320) 251-3965 or e-mail paula@suburbanhealthclub.com by Feb. 10th. Space is limited. *Payment required at time of registration.