

Just for you

WOMEN'S MORNING AT PRAIRIE LIFE FITNESS TUESDAY, SEPTEMBER 30TH, 2008

- 9:30a Tea Anyone?** A light breakfast with teas from all over the world will be provided to our guests. During this time guests can stroll through displays of unique gift ideas and baskets for the holidays.
- 10:00a Holiday Arts** Guests will learn how to use all-natural materials to make eco-friendly gifts, decorations and more.
- 10:30a Table Ease** Personal Chef Holly Heath, of *At Your Table*, will share her holiday ideas for quick salads, snacks and sweets to help keep your holidays more relaxing and delicious.
- 11:15a Leisure Walk** Take a break to breathe deep and stroll around the center or outside in the sun.
- 11:30a What about Wine?** Learn what type of wine will complement meals. Next time you are serving or gift-giving you'll be 'in the know'.
- 12:00p Relaxation Time** Take advantage of a relaxation Yoga class and mini-massage. Melt away in our steam room, sauna and whirlpools and feel free to luxuriate by the pools as long as you like.

Fun kids' activities and child care available. Please call for reservations by September 28th.

Bring your girlfriends and make it a date!

MEMBERS AND NON-MEMBERS WELCOME!



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between I-65 & Carothers Parkway)

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