



You are invited to an evening of fun!

LADIES NIGHT OUT



THEME: *Spring Into Action*

WHEN: Wednesday, April 2, 2008
5:00 pm – 10:00 pm

WHERE: The Holistic Self Care Center
12 Murphy Drive
Nashua, NH 03062
(603) 883-1490
info@thehsccenter.com

This month's event "Spring Into Action" will focus on getting up and out into the spring air. The workshop will be on the importance of walking for your health and how you can get your muscles ready for spring activities. A demonstration of how a body composition test is completed will be shown, along with a drawing for a free test. The local Curves staff will also be on hand to talk about the importance of muscle strengthening. For your 30-minute therapeutic service you can choose between neck and back massage, reiki, ionic foot bath, or foot reflexology. Light snacks and drinks, raffles, door prizes, and vendors selling their wares are also part of the event. As you leave with your goodie bag, you will end the day relaxed and happy. Call us at (603) 883-1490 or email info@thehsccenter.com to sign up for your service. Services: \$40 per treatment.