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www.womenforwomen6figureevent.ca

Welcome to our Spring 2009 Edition Women For Women Newsletter!

We're growing again!

2009 has proven to be very exciting so far! *To start, our on-line directory will reflect some of our new members and expanded categories this month!*

I'm thrilled and honoured to welcome new Master Mentors Facilitators, Laurie Giftochristos from EZ Connections & Events and Laura Hunter from The Lead Horse!

'Thinking about joining a Master Mentors mastermind chapter in your area..? Here are a couple of upcoming dates to start with:

Tuesday, April 7th, 12:30pm to 2:30pm in Aurora, hosted by Jennifer Ettinger from Fit Your Style.

Wednesday, April 8th, 6:30pm to 8:30pm in Markham, hosted by Ingrid Folkers from The Ultimate Kitchen.

We are in the midst of firming up dates in Toronto and Georgina too; please feel free to email me for more details.

For some great networking, inspiration and rejuvenation; be sure to check out our Upcoming Dates Spring 2009 flyer!

Here's to your success!

Warmest regards, Sheri ☺

Marketing & Promotion in Today's Economic Climate

Cost-effective tactics:

When cash-strapped business owners struggle to do more with less during a downturn, they're often tempted to slash marketing budgets. But that only leads to missed opportunities.

A study of the 1981-82 recession shows that firms that maintained their marketing spending **increased sales by 32%** during the downturn, *and by 275% within two years of the recovery.*

However, those that cut spending in the same period saw sales drop by 12% and recovery later by just 19%.

Fortunately, even if you have a miniscule budget, you don't have to spend much to ratchet up your marketing efforts.

WestPine Promotions is committed to finding companies *targeted and cost effective* marketing and promotional products.

Call or email Cheryl McCombe
At WestPine Promotions

Cel. 416-569-3713
cheryl@westpinepromotions.com
www.westpinepromotions.com

Let's keep business moving in the right direction.



Mark your calendars now for the:

Second Annual Women For Women 6 Figure Event

At the World Renown Briars Resort & Conference Centre!

Jan. 23rd & Jan. 24th, 2010

More details to follow in May 2009!

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IT WORKS Herbal Body Wraps
Article – Lombardi Philosophy

Watch for more of Sheri's Book Recommendations in our next issue!

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WOMEN FOR WOMEN WELLNESS

Insightful Communications

... Expressing You

Women for Women & Insightful Communications™

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New In Canada!

Women For Women Presents

IT WORKS Herbal Body Wrap!

The Ultimate Body Applicator is a site-specific body wrap designed for the abs, back, legs, arms and chin areas. The wrap is made of a non-woven cloth, and is an easy, powerful, one-step application formula which helps you to lose inches, tighten, tone, and improve skin texture for younger looking skin.

How does it work?

The product is absorbed quickly. Results can be seen in as little as 45 minutes. You may, however, leave the wrap on as long as you like - or even overnight. The wrap contains herbs that get through the pores on your skin and penetrates four layers to the fat layer, where we store toxins. The herbs and lipase enzymes then metabolize, breaking up into little pieces of fat and toxins, which are then excreted. This detoxifies at the cellular level, which is why drinking water is so important.

These wraps were originally formulated to detoxify, but the wonderful side effect of losing fat and inches was discovered. THE ULTIMATE APPLICATOR is formulated without mineral oil, lanolin, propylene glycol,

isopropyl alcohol, artificial colorants, synthetic fragrances, or animal by-products. It has a safe preservative system without formaldehyde releasers and very, very low paraben concentration, made with natural herbs and approved in Japan, Europe and the United States.

The wraps were at the Emmy's pre-Oscar suite for the stars, who loved them! They have also been featured on CNN and ABC.

Find out more about these amazing body image boosting wraps at: www.itworks.net/womenforwomen or contact Gayle at 905-853-1968 or gayleclarke@gmail.com.

Each wrap is just \$35 retail plus tax; and there is also a Customer Loyalty Program (auto-ship service) where you can get the wraps at wholesale!! Better yet, share it with your friends and make 'cash'! ☺

The Herbal Body Wraps will also be featured at the following upcoming events:

***Sunday, April 5th**
Massage, Wrap & Lift Day
Sandy's Spa in Sharon

***Sunday, June 7th**
Sheri & Friends
Annual Open House

***For full details, check out our Upcoming Dates flyer!**



When Pride Still Mattered; A Life of Vince Lombardi Article By David Maraniss

*"There are many aspects to what could be called the Lombardi philosophy, but to me the most 'lasting and important' was the concept of **freedom through discipline**. That is, you practice and refine and perfect something so that it becomes second nature to you, and once you have that 'discipline', you can react more freely when obstacles or troubles arise. Another way of saying it is that if you construct a solid foundation, you can withstand more! ...*

... Once you get past the stereotypes and the things you 'think' you know about (Lombardi), you are left with a great, even inspirational (leader) who stood for nothing so much as passion, integrity, discipline, and a willingness to adapt to changing circumstances."

