



SAVE THE DATE!

March 12th (Saturday)

7th Annual Spring Event
Cabin Feva Diva Relieva



Enjoy manicures, brow waxing, chair massage, breakfast, exercise classes and more while shopping for jewelry, fitness clothing, cosmetics and spa products. Treat yourself to a day of health and pampering while supporting Bedford families in need.

March 12, 2016 (Saturday)

8:30am-11:30am at

St. Michael's Parish Center
90 Concord Road
Bedford, MA

MORE DETAILS TO FOLLOW ... STAY TUNED ...

Check out some **highlights** from our past **Spring Event** :



Bedford Womenade Spring Event / Kamate Fitness 2014

Sponsored by Bedford Womenade and Kamate Fitness

www.bedfordwomenade.org and www.kamatefitness.com

Thanks for your support and generosity.

Sincerely,

*Nancy Griffiths, Ann Guay, Nancy Latady, Beth Petipas, Deirdre Rosen, Nancy Salem,
Anna Wallace*

The Bedford Womenade Board

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