

## You Go Girl!

by Laura Woodbridge

Business Woman. Full-time Mom. Feminist. Wife. Girlfriend. Best Friend. Sister. Happily Single. Secretly Hopeful. With so many titles and roles to fill, you have more time for others than you do for yourself. For you, spending time with your girlfriends is not just fun - it's essential. What better way to restore your sanity than by packing your bags and embarking on an all-girls getaway.

Begin your getaway sharing a laugh with your girlfriends over cucumber eyes and a toe-tickling pedicure. If pampering is your purpose, a day at the spa is the best way to experience well deserved rest and relaxation. Or, sample wines and raise a toast to friendship on a wine tasting tour in the Fraser Valley. It doesn't take an experienced wine connoisseur to appreciate old wines and old friends. For adventurous spirits, escape the city and head to the unspoiled wilderness of the Sunshine Coast. Experience sea kayaking in sheltered inlets against the backdrop of snowcapped coastal mountains. No big adventure is complete without a big story, like the one about the great big fish that got away. You and your girlfriends will be giggling for years over the monster Steelhead fish you *almost* caught on your fishing excursion in Whistler.

Return home refreshed, revitalized and ready for whatever life brings you. You may even take on another title: adventurer extraordinaire!

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