



women's
Thursday Night Out!

Women's-Only Night

Thursday, December 10th

6:30-8:00pm

As always:

Chocolate • Wine • Cool Women!

**Staying Fit This Winter
Thru Health & Dress**

... and of course **GREAT DEALS ON CLOTHING**
at Gear West Run & The Buckhorn Clothing Co.!

There will be an informational talk on Chinese Medicine, Acupuncture and Women's Health. Guest speaker is Hilary Patzer who is trained in Acupuncture and Oriental Medicine. Hilary is also an accomplished nordic ski racer, and Multisport athlete who lives in St. Paul. Please join us for an informative and enjoyable evening.

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XC SKI • RUN ■

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