



2010 ~ A New Decade
1st Ridge Meadows Chapter
Dinner of 2010
~ Valley Women's Network ~

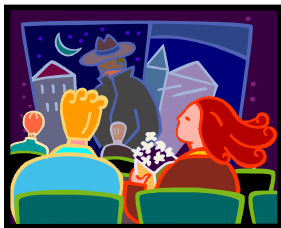
WHAT: 1st Meeting of the New Year - Tuesday, Jan 19, 2010

GUEST SPEAKER & TOPIC: SPEAKER: Kelly O'Halloran of
'Love Your Workout Health & Fitness' TOPIC: Guilt-Free Eating, Being Active,
Water - not all water is created equal. *Changing small things = big results!*

WHEN: Networking @ 6:30PM & Dinner @ 7:00PM

WHERE: Maple Ridge Seniors Village
22141—119th Ave, Maple Ridge, BC

(Catering by Gourmet Dave's Catering & Bistro)



Exciting Announcement: *Our 1st Girls' Night Out*
'RM Movie Night' presented by Ridge Meadows Chapter, will
be held on Friday, January 29th, 2010. Come and bring
your girl friends, your mother, your daughter...

Our chapter is presenting "*Julie & Julia*" starring Meryl
Streep. Get to know the other members of your Chapter in an informal setting.
We will have popcorn, pop and lots of girl talk!

RM Movie night will be held at the Albion Theater at Maple Ridge Seniors
Village - Tickets will be sold at the Jan 19th dinner meeting.

Cost \$10.00 each, (includes Movie, Pop & Popcorn)
Tickets are limited - First come first served!

Did you know?

*If you bring a guest and they join our Ridge Meadows
Chapter, you get your next dinner FREE!*

For more information or to book your Dinner Reservation,
Contact: Jenny Daly at jenny90@telus.net or (604) 460-1402

Or reserve online at www.valleywomensnetwork.com/