

feelgood

All the latest news from feel good factor



Issue 5: June 2008



One project down...one more to go!

Hello again. Things have certainly been busy for us since our last newsletter, and we hope life is full and positive for you too. I'm delighted to say we've now finished the main work at FGF with our new courtyard garden and third styling station. This means I can now concentrate on things closer to home - like the small matter of organising my wedding on July 11th! Not surprisingly, I will be away for a couple of weeks after wards, but don't worry, the team at FGF will still be here, ready and willing as ever!

sonja

A fine time guaranteed at our wine-tasting evening

With summer just around the corner, the prospect of a glass of wine at the end of a long, hard day is definitely something to savour.

With so many wines to choose from however, from all corners of the world, it's not always easy to know which ones best suit your taste.

That's why we've teamed up with local wine expert Collette Tuppling to organise a special FGF wine-tasting evening on June 18.

Collette, who lives in Cheltenham, has worked in the wine industry for many years and definitely knows her Chardonnay from her Chablis!

The third of our special events since FGF opened in November, the evening will

explain all about different wine regions and the grapes that help produce distinct flavours.

You'll get a chance to taste a range of samples and enjoy some great food prepared by Sarah Jackson, a consultant with The Pampered Chef.



Tickets for the evening are £10 and all proceeds are going to the Star Centre near Cheltenham, which provides holidays for disabled children, a charity supported by Collette.

We hope to see you for a pleasant evening of wine tasting - and to give you a special look at some of the latest developments at FGF, including our new courtyard garden.

● **To book your place call Sonja Edwards on 01453 821500.**

Update...Update

Pop in to find out more about HK

Did you know that Health Kinesiology (HK) is one of the services I offer at FGF? HK uses muscle testing to tune in to your body and find out what it needs to relieve anxiety or a physical condition. I have seven years' experience in HK and will be offering taster sessions for just £12 on June 12 and 13 to mark Health Kinesiology Awareness Week. If you would like to find out more about HK, and how it might be able to help you, call me on 01453 821500.

Dad's just right

Our range of hand-made cards are always popular with FGF customers. And we've just taken stock of our cards for Father's Day on June 15th, so there's no excuse to forget!



Did you know we've recently added a third styling station at FGF? Keen-eyed observers will notice it's where we used to keep our books, but don't worry they're now on the other side of our gift shop!

Olivia's Garden serves up a treat

FGF's fabulous new courtyard garden is finally open. Officially called Olivia's Garden (after my baby daughter!) we have created a sun-trap at the back of FGF with decking, tables and chairs. And we are offering a wide range of hand-made savouries like toasties and ciabattas, plus cakes and biscuits, as well as hot and cold drinks - including several varieties of filter coffee, a selection of teas, lemonades, juices and water.



£1 off

Any hot or cold drink at Olivia's Garden at FGF when you present this coupon. Offer open until June 30, 2008. Only one voucher per person.

want to feel good about your life? call sonja edwards and the team at feel good factor on 01453 821500