



Cortland County Family YMCA

We build Strong Kids, Strong Families, Strong Communities

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CONTACT:

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For Immediate Release

YMCA Hosts Ladies Spa Day

-Local vendors showcase their products and services.

CORTLAND— The Cortland County Family YMCA is proud to host our first ever

Ladies Spa Day Sunday April 27, from 2 to 6 p.m.

Ladies Spa Day will showcase everything the YMCA has to offer our female members and their guests, particularly the Women's Health Club (including the hot tub and sauna), and provide the ladies an opportunity to pamper themselves for a few hours, try some great products and services, take an exercise class, and maybe win some wonderful prizes as well.

There will be vendors from: Arbonne, Blue Danube Massage, Comfort Soaps, DHN Jewelry Designs, Mia Bella Candles, Pampered Chef and Tastefully Simple.

Featured activities include wine tasting and a shortened version of our YMCA yogalates aerobic class. Food and refreshments will be served throughout the event.

Tickets for Ladies Spa Day can be purchased at the YMCA front desk. With the purchase of your ticket, you will receive 10 free raffle tickets used towards gift basket prizes at each vendor's location.

For more information on attending Ladies Spa Day or to become a vendor for a future spa day, please contact the Cortland County Family YMCA at 607-756-2893.

The Cortland County YMCA has been building strong kids, strong families and strong communities for the past 140 years.

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YMCA MISSION:
To put Christian principles into practice through programs that build healthy body, mind and spirit for all
