

## Fired Up Sisters Newsletter Weekday Come and Get It FUS Evening Meeting - NEW LOCATION

April 21, 2010

### Congratulations Kathryn Homer!

April 24

#### **WHAT: Rancho Bernardo Hats Off to Volunteers Event**

Our very own Kathryn Homer will be honored at this event for her work with Fired Up Sisters and continued volunteer efforts related to fire recovery.

Click [HERE](#) for the article!

**WHEN: Saturday, April 24th ~ 9:00am-12 Noon**

#### **WHERE: Webb Park**

Avena Place and Bernardo Center Drive  
San Diego, CA 92128

#### **Directions:**

1. Take I-15 toward Rancho Bernardo
2. Exit Bernardo Center Drive and go East
3. Turn Left at Avena Place
4. Go to the end of the cul-de-sac  
Webb Park is located behind Pearl restaurant

[Congratulations](#)

[Kathryn Homer!](#)

[Weekday Come and Get It - NEW LOCATION for](#)

[FUS Evening Meeting](#)

[Health, Wellness &](#)

[Style Expo](#)

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## Fired Up Sisters Evening Meeting

NEW LOCATION!

The Fired Up Sisters Warehouse

Weekday ~ Come and Get It

April 29

### **WHAT: Women's Resource and Support Group**

Join us for a special weekday Come and Get It and Fired Up Sisters meeting at the Fired Up Sisters Warehouse. Please bring an appetizer, a beverage to share, and enjoy some light shopping!

### **WHEN: Thursday, April 29th**

**Evening Come and Get It ~ 4:00pm - 7:00pm**

**Meeting ~ 7:00-9:00pm**

### **WHERE: THE FIRED UP SISTERS WAREHOUSE**

124 Market Place Suite #400

Escondido, CA 92029

### **Directions:**

1. Take I-15 toward Escondido
2. Exit Valley Parkway and go WEST
3. Turn Right at Auto Park Way
4. Slight Right to stay on Auto Park Way
5. Turn LEFT at Market Place
6. We are at the end of the cul-de-sac.  
Our suite is on the Left (south) end of the building.

## Save-the-Date

# Health, Wellness & Style Expo

## Open to the Public

May 2

**WHAT: Health, Wellness, & Style Expo of 2010 - Sponsored by  
Fired Up Sisters - Open to the Public**

Unique Vendors ~ Amazing Raffles ~ Inspiring Health Advice ~  
Green Products ~ Stress Management ~ Fashion Accessories ~ And  
More ~ Proceeds will benefit Fired Up Sisters

Click [HERE](#) for a flyer!

**WHEN: Sunday, May 2nd ~ 1:00pm-4:00pm**

**WHERE: Rancho Bernardo Glassman Recreational Center**  
18448 West Bernardo Drive  
San Diego, CA 92127

### **Directions:**

From I-15:

1. Take Pomerado/West Bernardo Drive and take West Bernardo Drive going West
2. Turn right at the light (Rancho Bernardo Community Park) and follow the road down to the Glassman Rec Recreation Center

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Should you have any questions please feel free to call or email me:

858-673-1355  
[firedupsisters@san.rr.com](mailto:firedupsisters@san.rr.com)

Best,

Tiffini Lopez  
Fired Up Sisters

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