



"No Sweat" Fitness Newsletter

August, 2010

Visit us:
 73730 Hwy. 111
 Suite 5

 Palm Desert,
 California 92270

Chocolate High



It's been recorded throughout history that some foods can be aphrodisiacs compelling the users to act on their feelings of love. However can a food bring you greater calmness and enhanced focus if it is "infused with good intentions?"

Intentional

Healthy Aging

September is Healthy Aging Month and social wellness is just as important as physical wellbeing. Here's a look ahead at some of the programs going on in the Coachella Valley next month where you can meet people who share a similar interest.

The Friends of the Rancho Mirage Public Library and the Palm Springs International Film Society continue their monthly "Behind the Scenes" series. Experts in various fields will provide an introduction to a screening of films on which they worked. On Tuesday, September 14, 7:00pm a composer will introduce his/her work. This is a free program.

Palm Springs Fiesta Days- A Celebration of Latino Heritage and Culture presented by Spa Resort Casino will be held Saturday, September 18 and Sunday, September 19 at the O' Donnell Golf Club. Adult tickets are \$35 each day.

Adult nature walks in La Quinta. All walks begin at the Shade Shelter on the Bear Creek Nature Trail at the corner of Calle Ensenada and Avenida Montezuma in the La Quinta Cove. Time: 8am. For more information, please, call 760.777.7090 There is no cost.

Promoting peace and celebrating humanity through music is the goal of a free concert at Civic Center Park Amphitheater on Friday, September 11. The approximately 90-minute concert will begin at 7 p.m. and feature a variety

Chocolates is a company that sells very expensive chocolate with the promise that it will heighten your sense of well-being. With prices ranging from \$13 for 7 ounces to a 6 month home delivery of 28 ounces of dark chocolate for \$296 I think my own well-being will have to be satisfied with an 89 cent Snickers bar!

Here's the link to their website in case your wallet needs a sense of purpose!

[Intentional Chocolate](#)

of patriotic songs as well as a color guard, bagpipes, and a flyover, and a special presentation by the Palm Desert Fire Department. Civic Center Park is located at Fred Waring Drive and San Pablo Avenue.



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