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Special Girls Night Out at the Library

By Cathy Tyson



Jamie G. Dougherty comes to the LLLC on February 7. Photo provided

The first twenty women to RSVP on the Whole Foods

Facebook page will get a Detox goodie bag and everyone who registers will be entered to win a Detox gift basket.

Forget the chardonnay and uncomfortable shoes. "It's all about delicious ways to detox your mind and body - this will be a night of food, fun and digging deep," said Jamie Dougherty, Certified Health and Lifestyle Coach talking about her upcoming event, "Girls Night Delicious Detox" at the Lafayette Library and Learning Center. She explains that the hour-long program, co-sponsored by Whole Foods, is focused on eating well, self-care and getting in touch with what you want to accomplish in the New Year via nutrition and lifestyle advice.

Dougherty is a certified Holistic Health Coach and is accredited by the American Association of Drugless Practitioners. Her journey started with a diagnosis of ulcerative colitis - a chronic inflammation of the large intestine - at age 20. After trying a number of prescriptions, she found altering her diet made all the difference.

She started Jamie Living five years ago working with career women who were successful in business - but always managed to put themselves last. The self-described small girl with big hair, big feet and a big mouth has a knack for telling it like it is. Her business has evolved to include personal consultations, the "Fantastic Food Fix" - a day-long healthy food shopping and cooking extravaganza, cookbooks, a blog, and a snappy website - Jamieliving.com.

Look for a cooking demonstration featuring smoothies and snacks, along with advice about getting rid of emotional toxins and more at this first of its kind event. For those of us whose pants are a little tight post-holiday feasting and feeling less than stellar, this could be time very well spent.

Get inspired, Tuesday February 7, 2012 from 7:00 p. m. - 8:00 p.m. at the Community Hall of the Lafayette Library and Learning Center, \$5 per person, payable at the

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