

Massage & Fitness Professionals of the Treasure Coast

PRESS RELEASE | August 21, 2010 | By: Jeannie Ferrara

Local Massage Pro Participates in Fitness, Fashions & Fun Event!

STUART, FL. – On Thursday, August 26, 2010, from 11:00a until 3:00p Patchington at the Harbour Bay Plaza in Sewell's Point will be hosting the Fitness, Fashions & Fun event. **Debbie Roberts**, NASM (National Academy of Sports Medicine Trainer), and a Titliest Medical Level 3 Trainer, and owner of Massage & Fitness Professionals of the Treasure Coast will be speaking at 11:30a and 1:30p. **Roberts** will be presenting "10 Tips to Speed Up Your Metabolism verses the Gym." Each free seminar will last approximately 20 minutes. The event will also include an informal fashion show, and informational presentation from NuSkin regarding skin care, nutrition and more. Guests may also choose to enter to win a \$25 Patchington's gift certificate. Refreshments will be served. To RSVP, please call: 772-286-3748.

Founded in 1969, Patchington is a unique blend of our own private label and specialty store brands offering fun, colorful and casual resort wear and accessories. Patchington operates 25 specialty boutiques through out the state of Florida. Patchington is known for providing excellent customer service and their sales associates are always available to help you coordinate and accessorize your wardrobe. Harbour Bay Plaza 3762 SE Ocean Blvd. Stuart, FL 34996 (772) 286-3748

Monday – Saturday 9:30 – 5:30, Sunday 12:00 – 5:00 [taken from Patchington website:

www.patchington.com] For more information about Harbour Bay Plaza, please see:

www.harbourbayplaza.com/pages/fashion.html

Debbie Roberts, LMT is the innovator of the *Assessment, Treatment & Muscle Activation (ATM) Technique*[™]. An international author and speaker, she is the founder of *Debbie Roberts Seminars*, a CEU program providing continuing education for massage therapists and personal trainers who want to reach their full potential in their chosen fields. Certified though the National Board of Massage and the Florida Board of Massage, **Roberts** is best known for her unparalleled understanding of the anatomy of an injury and her focus on assessment and treatment plans designed to facilitate a client's form and function.

Roberts staff (with over 30 years combined experience) can leave you feeling refreshed, renewed, and

rejuvenated. To find out more about the three different departments of Massage & Fitness Professionals of the Treasure Coast (massage, fitness, and aesthetics), why equipment can make people weak; and why exercise should be based on functional training not muscle isolation, please call the office for a personal appointment or to schedule a speaking engagement for your group.

Additionally, for the months of August and September 2010, any monetary donation to the Leukemia & Lymphoma Society will warrant a 20% discount off the regular price of either ½ or 1-hour massage. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: www.massage-fitnessspa.com/about.html or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073. For more information about the Leukemia & Lymphoma Society of the Palm Beaches and Treasure Coast, please contact: Director, **Elizabeth Hughes** at 4360 Northlake Boulevard, Suite 109, Palm Beach Gardens, FL, 33410, (561) 775-9954 or e-mail elizabeth.hughes@lls.org. The Palm Beach Area Chapter is dedicated to helping find the cure for leukemia, lymphoma, Hodgkin's lymphoma, and myeloma, and to improving the quality of life of patients and their families. The Society accomplishes these goals through a variety of service programs. The chapter serves Palm Beach, Indian River, Martin, Okeechobee, St. Lucie, Hendry, Glades and Highlands counties.