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Boston Travel LA Girls Getaway Examiner



Fav Bio

Join the 3-H Club: Health, Happiness & High Heels

October 12, 10:35 PM • LA Girls Getaway Examiner • Jen Jones

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Those looking for a deliciously holistic girl getaway experience might want to hightail it to [Borrego Ranch Resort & Spa](#) for the upcoming event "Health, Happiness & High Heels." Held October 23 - 25, the sassy summit will offer unique programming and seminars led by:

****Author Cathy Greenberg** (What Happy Working Mothers Know), who will discuss the new science of happiness and how it can transform women's lives.

****Dianne York-Goldman**, star of Oxygen's "Addicted to Beauty," who will give the secrets to her patented 10-minute makeover and give attendees the skinny on how to shave years off their lives—or at least look the part.

****Psychic Maggie Garbarini**, who will demystify metaphysical tools like numerology, energy, and crystals and share ideas on how they can enhance professional and personal success.

****Kamilah Barrett**, choreographer and former "So You Think You Can Dance" finalist, who will have all the ladies workin' it with her "Heel Hop" workout.

This three-day celebration can be enjoyed for free with the purchase of any package at Borrego, located just under three hours from Los Angeles. For more information, visit: <http://www.borregoranchresort.com/HHH.php>.

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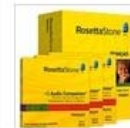
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