

It's You

An exclusive day of workshops, fashion shows, wine and food on Saturday, 9 October

This fabulous fundraiser for endometriosis education will be held at a boutique venue, with tickets strictly limited.

Be inspired, educated and reinvigorated at this unforgettable event at historic Hackthorne Gardens. "This is a very special and exclusive event, with the added bonus that it will also raise money for endometriosis education and counselling in Canterbury," says event organizer and personal image consultant Debbie Albrecht, of Colours Plus.

In the course of the day, women will attend workshops and enjoy several fashion shows. There will be make-up and hair demonstrations, as well as a chance to try Zumba.

Generous goodie bags will include opportunities to win spot prizes.

Lunch, Devonshire tea, and a buffet dinner with wine tasting will be served at the venue.

At the workshops, participants will receive advice on:

- creating a wardrobe that works for YOU

from Debbie Albrecht; (Shirley Lynch) and skincare (Michelle and Amie of Replenish Beauty).

Fashion shows are by Savoir (lingerie and swimwear), JAKS & Andrea Moore (day wear) and Jane Daniels & Annah Stretton (evening wear), with fashionable footwear by Head Over Heels on high and Rangiora Shoelines.

Debbie, who has experienced endometriosis, is thrilled the event is a fundraiser for endometriosis education. "For years I thought it was normal to have heavy periods and to have to take time off school or work because it was so painful. For my generation, personal issues like that weren't discussed.

"I suspect there are still young women who have no idea what's normal and what's not, so I think it's fantastic if we can help raise some awareness," says Debbie.

Money raised will pay for endometriosis education and counselling support in Canterbury, associated with the 'me programme'. This programme provides advice to young women, including those attending secondary schools in North Canterbury.



Debbie Albrecht



Hackthorne Gardens



by Annah Stretton



Deborah Bush

"We're absolutely delighted that this event will help pay for one-on-one endometriosis education/counselling of those girls struggling with the effects of this disease," says Endometriosis New Zealand's Chief Executive Deborah Bush, QSM. "The goal of the 'me programme' is to address quality of life issues now and to help stop future health and fertility from being compromised."

Registration is from 10.30 a.m. on Saturday, 9 October with the event concluding at 9.00 p.m.

Tickets are \$295 per person, with numbers limited to 65, available from Debbie's website (www.coloursplus.co.nz) JAKS (1 Durham Street, Rangiora) and other participating fashion retailers.

What is Endometriosis?

Endometriosis occurs when tissue that lines the uterus grows in places outside the uterus, where it shouldn't be. It is often found on the pelvic organs and surrounding tissue such as the ovaries and bowel. Visit the Foundation's website: www.nzendo.co.nz or for teenagers, www.me.school.nz

It's You – Free Ticket!

Nominations are invited to receive a free ticket to 'It's You'. We are looking for that 'special someone' who really deserves this wonderful opportunity. Send your nominations to essence, 'It's You', PO Box 295, Rangiora. Please include your name, address and contact details and also contact details for your nominated person. Entries close Monday, August 23.



Colours Plus
IMAGE CONSULTING

Colours Plus invites you...
to join in the IT'S YOU fundraising event for the
NZ Endometriosis Foundation

IT'S YOU
will inspire you
to look younger and feel fantastic



Over 30
sponsors
on board
to make
this event
fabulous!

This event will be held at **Hackthorne Gardens**, a Boutique Venue in Cashmere, Christchurch, on the 9th October 2010 from 10.30 a.m. to 9.00 p.m.

Package includes

- 3 Fashion Shows
- 3 Workshops
- 2 Hair and Makeup Demonstrations
- Wine tasting
- Zumba Demonstration
- Auction (Earrings from Julian Harding)
- Goodie Bag
- Lunch
- Devonshire Tea
- Buffet Dinner

Plus over \$2000 worth of spot prizes to giveaway

Tickets available at:

In Rangiora
JAKS
Bloom Hair
Blue Tulip Interiors
Body Seen

In Christchurch
Jane Daniels
Andrea Moore
Head over heels on high
Savoir
Annah Stretton

Through Colours Plus website
www.coloursplus.co.nz

Tickets are \$295 pp

Contact Debbie Albrecht on 03 313 5296 for more details.