

SFG Magazine's Weekly Newsletter for February 7-13



Have you seen our latest issue? It's packed with great articles, fashion features, reviews and more! Want to know how to keep your resolutions, heart-healthy ways to celebrate Valentine's Day or what's cooking for the South Beach Wine & Food Festival this year?

Check out the [Digital Magazine](#) to find out!

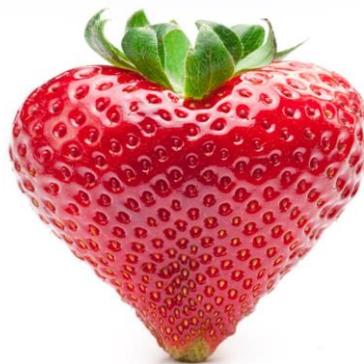
We'd love to hear what you think, let us know at Arylene@SFGmag.com

Valentine's Day 2013: A Heart-Healthy Romance

We want you to keep your resolutions this year and we know how tough it can be when Valentine's Day comes around. If being surrounded by candy and chocolate isn't enough to soften your resolve, the lavish romantic dinner that follows usually does. Not this year! Valentine's Day can be romantic but heart-healthy too. Here are some quick tips to help you keep your holiday healthy:

Take a stroll!

Romance novels, TV shows and movies all tell us how romantic a stroll on the beach is but rarely does that translate into real life. Why not? Gorging on a big dinner can leave you ready for bed in all the wrong ways. Plan to hit the beach or a beautiful boardwalk after dinner. It will help keep your digestion and the romantic mood going. Don't forget to bring along some comfortable sandals for your lady; nothing kills romance faster than aching feet! [Continued on page 12...](#)



Quick Links

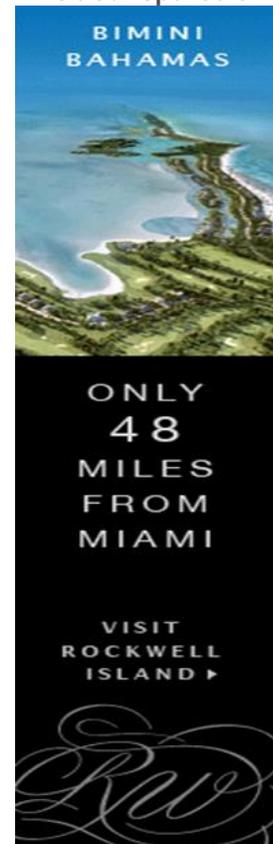
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Hearts On Fire: A High Heels & Handshakes Event!

High Heels and Handshakes Red Hot Valentine's Event!



Wednesday February 13th, 2013 • 6:00pm

\$20 cover or \$10 + donation of high heels or a formal gown to benefit "Dress for Success" & "Women of Tomorrow"

Enjoy champagne, decadent desserts & find sexy Valentine's gifts for him and her!

All Ladies Wearing Red in Honor of Women of Tomorrow will get a raffle ticket to win an amazing gift basket from BOBBI BROWN Cosmetics

CRAVE
FRESH • VIBRANT • AMERICAN
Village of Merrick Park 4250 Salzedo Street
RSVP at Highheelsandhandshakes@yahoo.com



What:

Enjoy champagne, decadent desserts & find sexy Valentine's gifts while networking with Coral Gables' movers & shakers!

When & Where:

CRAVE Restaurant in Merrick Park at **6:00 pm** on Wednesday, **February 13, 2013.**

Directions to Event

Cover:

\$20 or \$10 plus a donation of high heels or a formal gown to benefit "Dress for Success" & "Women of Tomorrow."

RSVP: highheelsandhandshakes@yahoo.com



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