



ANGELA'S ATTIC

ANTIQUES, HOME DECOR, STYLE ACCESSORIES AND A WHOLE LOT MORE ...

A message from me

Every Monday and Friday morning I teach a women & weights strength training program. The average age of participants is around 40 plus. On Friday I asked the women if anyone was going to try something outside their comfort zone this year and I was so inspired of what I heard. We have women trying sailing, surfing, tap dancing, power skating and much more. I also have a group of friends who joined our local running group this year and as of today completed their first 1/2 marathon. Wow!! What an accomplishment.

So it's September, a new season a fresh new start. Brenda Ueland says "I learned that inspiration does not always come like a bolt, nor is it kinetic, energetic, striving, but it comes into us slowly and quietly and all the time". I am inspired by all the women around me every day, and what a beautiful day it is.

Live strong
Angela

PS
Join the community of Angela's Attic Facebook fan page and receive more discounts, fun news, and chatter.

What's new at the Attic:

- Bracelets and jewelry galore
- Sweaters, scarves and fall hats
- Fall Pure and Simple line
- Adorable toddler ponchos, mitts, toques and scarves
- Freetoes (toeless socks)
- Teez-hers (body shapers)
- Inspirational books
- Wallets and Purses
- Awesome soap [Hot Mess, Cougar, Tough Guy, Mood Swing, Better than a Boyfriend etc.]

Question for you? What new activity are you going to try this year?

Quote: Believe in something big. Your life is worth a noble motive.

Walter Anderson

COME CHECK OUT WHAT'S IN THE ATTIC!