

Making Life More Enjoyable

Girlfriends Are Good For Your Health

(NAPSA)—There's something to be said for the power of girlfriends and the unique bonds between women that only *women* understand. On a bad day, your girlfriends always have your back.

Oftentimes, though, women struggle to balance work and play and they push their friendships to

community for women.

The "girlfriend" experts at Seagram's Escapes suggest planning a special night on August 1—National Girlfriends Day—or during September—National Women's Friendship month. Call up some friends, mix up delicious drinks with Seagram's Escapes and create memories to cherish on your long, healthy journey ahead.



For your next girlfriend get-together, mix up some Berry Sangria using Seagram's Escapes.

the side. Experts say that's a big mistake. Beyond the feel-good effects of spending time with the girls, statistics show the critical importance of having lasting friendships.

- A UCLA study found friends help you live longer. Scientists observed that the more close friends we have, the less likely we are to suffer from chronic diseases, accidents, and psychological impairments.

- Friends are good for the heart and soul. They can help reduce the effects of stress on the body, protect against illness, and help us heal when we do get sick.

"Women connect and create friendships through celebrations. Grab your BFFs and celebrate any time of year with a girls' night in or spa day," said Debba Hauptert of Girlfriendology.com, an online

Watermelon Martini

**One 11.2-oz. bottle
Seagram's Escapes
Jamaican Me Happy
4 oz. watermelon vodka
Splash of lime juice**

**Shake with ice and strain.
Garnish with a lemon slice.
Serves 2.**

Berry Sangria

**One 11.2-oz. bottle
Seagram's Escapes Wild
Berries
1 bottle of red wine (like
Merlot)
½ cup triple sec
½ cup lemon juice
2 cups lemon-lime soda, chilled
1 cup raspberries
1 cup sliced strawberries
1 cup blueberries
Lemon slices**

Combine the first 4 ingredients. Cover pitcher and refrigerate until chilled.

Just before serving, stir in soda and fruit.

Serves 12.

For information and recipes, visit www.seagramsescapes.com or www.facebook.com/seagramsescapes.