



# Get Pressed Dry Cleaning News

August 2017

## Get Pressed Dry Cleaning

Todd & Ryan would like you to stop and visit one of our stores with your dry cleaning and laundry needs. All locations were formerly known as Martinizing and our staff is the same with a high-quality standard. Our goal is to make sure you get great customer service and quality finished garments in return. We do make mistakes and will make sure that they are resolved immediately as no one is perfect. If there is a concern please let us know by calling one of the stores or emailing us.

## Learn to Relax in a Garden

If you're looking for a quick mental "pick-me-up" take a walk in a garden. Research has proven that just five minutes of exercise outdoors can improve your mental health. This study should encourage you to spend more time in parks and gardens. It doesn't matter if you walk, garden, ride your bike, or farm. All these activities can boost your mood and your self-esteem.

This is one form of "self-medication" that your doctor will approve of. There is great benefit to individuals as well as to society in general. The cost of health service would decrease if more people would spend a few more minutes every day outside. Spending time in nature can decrease the risk of mental illness as well as increase one's sense of well-being. The studies examined such activities as walking, gardening, bicycling, fishing, boating, horseback riding, and farming.

The greatest health changes were found in younger people and in the mentally ill populations, however, all ages and social groups found benefit. The best improvement in self-esteem came from five minutes exercising outside. It made no difference if the exercise was done in the wilderness or in city parks, however green areas with lakes had an even more positive effect.

## Minnesota State Fair

Minnesota State Fair is right around the corner. State Fair starts August 24<sup>th</sup> -September 4<sup>th</sup>. There are many events, lots of food vendors, and Grandstand with a huge line up of great music.

<http://www.mnstatefair.org>



## August Events

August 1 – American Family Day

August 8 - Dollar Day

August 13 – International Left-Handers' Day

August 19 – National Aviation Day

August 24 – Sept. 4<sup>th</sup> MN State Fair

August 26 – Women's Equality Day

August – National Inventor's Month



**\$10 Beach Balls For Referring Your Neighbor!!  
Recommend your neighbor; she'll get \$10 in  
FREE dry cleaning and so will you!**



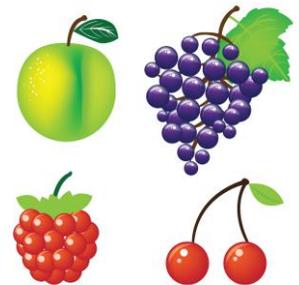
## End of Summer

It's awfully hard to say goodbye to summer. Rather than wish it weren't passing by so quickly, take time to really enjoy summer. Here are a few ideas you may wish to try:

- Throw a beach party. Even if you don't live on the beach, decorate with beach umbrellas, lounge chairs, and cute umbrella drinks.
- Take weekend trips the entire month of August. You've probably already used up your two week vacation, but by taking short trips, but staying overnight at least one night, makes it seem like you had a longer summer vacation.
- Have an outdoor movie night and invite the neighbors. Serve hot dogs, soft drinks, and of course, popcorn!

## Summertime Sangria

In keeping with the summertime theme, I like to make pitchers of white wine sangria for summer gatherings where I use a light white wine, well chilled, and pour it into a pitcher that is more than halfway filled with summer fruit. Cut apples, pears, peaches and nectarines, lightly crushed raspberries, strawberries, blueberries, grapes, and cherries. Keep refrigerated and stir before pouring into glasses. Don't bother straining the fruit, this is a great way to have one or two fruit servings for the day.



## **Comforter & Blanket Sale 50% Off 15<sup>th</sup>-30th August!**

**Shop Cub and receive discounts on back of Receipts  
Sign up for Free Pick Up & Delivery Receive \$10.00 Free Dry Cleaning**

*\*\*\*Some exclusions Apply. See store for details.*

This month's quotes:

*"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." - Helen Keller*

*"Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it." - M. Scott Peck*

*"Golf is a day spent in a round of strenuous idleness." - William Wordsworth*

*"If you drink, don't drive. Don't even putt." - Dean Martin*

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