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NOVI

Hotel offers holiday package

The Baronette Renaissance Hotel, located in the heart of Novi, has prepared a special package for couples looking for a “nearby getaway.”

The modern, four-star hotel is offering a deluxe room for couples, which will feature a custom floral arraignment, nightly sweet treats and a candle as part of its “Live Life to Discover ... Love” package. Breakfast is included, either through room services or at the on-site Toast Oak Grill & Market restaurant.

Specially created theme cocktails are also apart of the package the fresh strawberry flavored “People Mover” and the spirited orange-spiced “Sleeping Bear.”

“Couples may want to celebrate Valentine’s Day by doing something big, but they may not be able to get out of town,” said Sora Chan, director of sales at The Baronette Renaissance Hotel.

“This package will allow couples to get away without having to truly get away — to spend some time together without the hassle of extensive travel.”

The whole package is \$154 per night and is available beginning on Valentine’s Day through the weekend, Sunday, Feb. 17.

To make reservations, call 800-349-9009 or visit <http://www.thebaronette.com>.

The recently remodeled boutique Baronette Renaissance Hotel, complete with 155 rooms, is located at 27790 Novi Road in Novi, near Twelve Oaks Mall.

BRIEFING: Novi hotel offers Valentine's package; positive health event set in Metamora; Psychotherapist talks healthy living in Birmingham

Wednesday, February 13, 2013

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METAMORA
Positive health and wellness event set

Simple Organics hosts the second annual Women’s Holistic Gathering 10 a.m. to 4:30 p.m. Saturday, Feb. 23 at the Metamora Old Town Hall, 26 East High St. in Metamora.

Women of all ages are invited to attend and learn about positive health and wellness. A vegetarian and gluten-free lunch will be provided, and massages and facials will be available.

The registration fee is \$55 in advance.

Alan Haras will speak about the stages of spiritual journey, Rita Patel will talk about vegetarian cooking, Jessica Luibrand will talk about clinical thermography, Chris Tarr will talk about organic gardening, Renee Rowe will talk about emotional

well-being and Troy Farwell will talk about the essence of rejuvenation.

For more information, email womensholisticgathering@gmail.com.

BIRMINGHAM
Psychotherapist talks healthy living

This Valentine’s Day, Community Education through Collaboration And Communication hopes to help provide the keys to a balanced life with guest speaker Megan Gunnell. Gunnell is a Birmingham Psychotherapist and will share the secrets to a healthy work and life balance.

Presence and mindfulness play a key role in creating the quality of life, said Matt Church, associate director of the Baldwin Public Library and member of the Executive Board.

Gunnell will offer real life strategies to live in the now and explain why too much focus on the past can create a sense of unnecessary worry or lead to feeling overwhelmed.

Guests to the Community Education through Collaboration And Communication lecture series are invited to bring a friend as part of the traditional February meeting. The event Thursday includes a continental breakfast at 8:30 a.m. followed by the presentation at 9 a.m. Time is also given to networking.

The event is free and open to the public and will take place at the Baldwin Public Library, 300 W. Merrill in Birmingham. Two hours of free parking are available at all municipal structures.

Call 248-203-3025 for more information.