

Welcome to the new year! Here's to health for all of us in body and mind.

The website is going through a lot of changes these days. We can't tell you much without ruining the surprise, but suffice it to say that this hermit crab has outgrown its home and it's time to find some space where we all have the room to expand technologically as well as emotionally. We'll still be the honest, open, vulgar site you've grown to love, but we're on our way to setting up a brand new server that is easier to navigate and has even better features.

One thing we've finished in the meantime is a simple way to invite the Alpha Women you know to join our community. The next time you sign in, you should see under your name a link labeled "invite" under your photo. We've set up an e-mail template with an optional box below for you to add a personal message. We're sure we'll get along with your friends as well as we do with you, and we hope you'll introduce us!

We've also come up with some excellent new prices for our members who would like to advertise on AlphaWomen.com. For the updated prices, see [Freda's blog](#); you can also contact her at freda@alphawomen.com for more information.

Don't miss our upcoming *Straight Talk Live* shows on [BlogTalkRadio](#):

- 1/15: "Investing and Retiring Wisely" with Leah Goodwin of Goodwin Financial
- 1/20: Jenna McCarthy, author of *The Parent Trip*
- 1/22: "Tips with Dr. Ric," Freda's personal cosmetic surgeon
- 1/29: "Guilt-Free Cosmetics" with Suzann Kale of [MyMakeupMirror.com](#)
- 2/3: "Can You Find True Love?" with Dr. Diana Kirschner

Alpha Women Coffee Meet-Ups for January

- [Chicago](#): 1/25 [Noble Tree Café](#), 3:00 pm
- [D.C.](#): 1/15 [Java Shack](#), 6:00 pm
- [Dallas](#): 1/21 [Borders Greenville Rd.](#), 7:30 pm
- [Detroit](#): 1/24 [Panera Bread Lathrup Village](#), 12:00 pm
- [Los Angeles](#): 1/31 [Alcove Café](#), 1:00 pm
- [Miami](#): 1/10 [Books and Books](#), 2:00pm
- [San Francisco](#): 1/27 [Grove Café](#), 4:00pm (with guest Charles Orlando!)

To schedule a meet-up in your city, e-mail freda@alphawomen.com