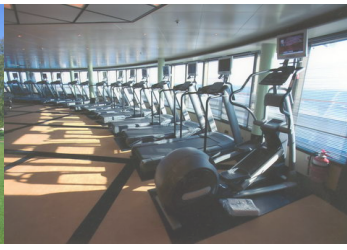


# Where Do You Go... to Get Away from Work?



## ahh the getaways...

### Laurie Boettcher

Founder of *Laurie Boettcher Speaks!*

"My favorite break from work is to step away from my desk, hop on the treadmill for 15 minutes and clear my head. Somehow, it gives me a new perspective and renewed energy."

[www.lbspeaksonline.com](http://www.lbspeaksonline.com)

### Candice Sabatini

Freelance Writer NYC

"...We often call one another to get together and our favorite place to go is Le Pain Quotidien. We love the relaxed atmosphere and the quality of their food and drinks and it's never noisy..."

[www.beautynewsnyc.com](http://www.beautynewsnyc.com)

### Marcia Noyes

Director of Public Relations,  
*Healthgen*

"My break from work is at the hot yoga studio. I've started taking classes at lunch and I really feel that break in the day is amazing..."

"...Also, because it's a class you need to leave your phone in the locker-room and you really get a break from technology, talking, people, etc."

[www.Healthgen.com](http://www.Healthgen.com)  
[www.iTriageHealth.com](http://www.iTriageHealth.com)

### Lucia Mancuso

President & Lead Strategist,  
*The Blog Studio*

"I use lunchtime to hit the trails and neighborhoods around the office... This break in my day is immensely needed and leaves me very productive for the afternoon."

[www.theblogspot.com](http://www.theblogspot.com)

