

# BERGEN

## health & life

One Tree Hill's  
**Bethany Joy**  
*Lenz*

**SKI AT LAST!**  
OUR FAVORITE SLOPES

**coat couture**

**DERMATOLOGISTS'**  
SKIN-CARE SECRETS

**best bets**

- coffee and courtship in oradell
- delectable dumplings in englewood
- fabulous french fare in ridgewood

### Enjoy a night out on us!

Enter to win one of four  
\$100 gift certificates to

**201**  
**SUPPER CLUB,**  
Englewood's newest  
dining and nightlife hotspot

Hire a sitter and dust off your dancing shoes—**Bergen Health & Life** is sending four lucky readers out on the town! Boasting Manhattan style, **201 SUPPER CLUB** is sure to please any fun-seeker. Start your night with a gourmet meal at one of the spot's swanky restaurants. Once you've feasted to your heart's content, stay for a casual cocktail or head to the nightclub for a little music and dancing.

To enter, mail your name, address and telephone number to:

**201 Supper Club Reader Giveaway**  
**Bergen Health & Life**  
110 Summit Avenue  
Montvale, NJ 07645

Entries must be received no later than Jan. 31, 2006. One entry per person. Winner will be drawn Feb. 1, 2006. For official rules please visit [www.healthandlifemagazines.com](http://www.healthandlifemagazines.com)



**watch**  
the pain of  
metastatic  
breast cancer  
**unlock your**  
body's secrets  
• clear up  
cloudy eyes

PSRST STD  
U.S. POSTAGE  
PAID  
MAILED FROM  
ZIP CODE 01764  
PERMIT NO. 110