

WHAT'S IN STORE

NORTH SHORE today

Integrated Fitness Solution, Laser Cosmetica, Massage Envy, Long Island Pet Expo

Rae, one of the former owners of Fitness Together in Roslyn, has taken over the rights, and transformed it into **Integrated Fitness Solution**. They now offer so much more than just one-on-one personal training. There is nutritional counseling, to help achieve and maintain your fitness goals, as well as several types of therapeutic massage to enjoy. Private yoga and private mat pilates are also new features. Going on now: \$500 off a package of 50 training sessions (45 minutes), for new clients only. Ask about student discounts. With four private suites, there are never more than 3-4 clients in the facility at a time. 1500 Old Northern Blvd., Roslyn (516) 621-0614.

Laser Cosmetica announces its new Great Neck

Laser Cosmetica announces its new Great Neck location. Laser Cosmetica is a laser hair-removal and skin-treatment center that began offering services to New York City clients in 2002. Today, there are 10 state-of-the-art facilities in metropolitan New York, Philadelphia and Miami. Their steady expansion is testament to the effectiveness of their technology. A combination of Affirm, Cutera, Isolax and other technologies are employed for hair removal, facial photo-rejuvenation and wrinkle reduction. They also specialize in skin tightening, acne therapy, cellulite reduction and rosacea treatment, as well as chemical peels and microdermabrasion. The company maintains a strong commitment to the community; their many charitable partnerships include: The Children's Miracle Network, Learning Leaders in New York and Covenant House. 833 Northern Boulevard, Suite 235, Great Neck (888) 395-6154.

message will be donated directly to local affiliates of Susan G. Komen for the Cure. The goal is to raise \$500,000. Enjoy the parties, refreshments and balloons. Memorial bracelets and candles will be on sale at select locations. Call and reserve, spaces are filling up fast. Three Locations:

- 47 Main Street, Port Washington (516) 767-6368.
- 355 S. Oyster Bay Road, Plainview (516) 513-1334.
- 5001 Jericho Turnpike, Commack (631) 499-3689.

Talk about the "dog days of summer!" Here is one you won't want to miss: The **Long Island Pet Expo** is returning on September 11-13, and will transform the Suffolk Community College Expo Center in Brentwood into the area's largest collection of pets. Over 15,000 people attended last year. Weekend's activities kick off with a tribute to the September 11 heroes, including the many canine units that worked in the search and rescue recovery efforts. Demonstrations and seminars will be held throughout the weekend. The World Of Dogs Program provides all day entertainment. Don't miss the poker playing dog, the Rainforest Reptile Shows and the rare albino alligator. Displays from the L.I. Pot Bellied Pig Club, The Parrot Fanciers Association, the Alpaca Area and the Birds of Prey show will be sure to entertain all. A wide variety of pet products and services at the show make great gifts for pets and pet lovers. Adults: \$12, Children \$6, 3 and under: free. (631) 423-0620 or visit [www. Horseandpetexpo.com](http://www.Horseandpetexpo.com).