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Business Notes (May 8)

Mon May 05, 2008, 06:01 PM EDT

NEEDHAM - Home Design Seminar Series

Van Millwork, a New England millwork supplier and interior specialist, will present the Home Design Seminar Series, which includes three informational presentations by top experts in the home design, construction and landscape design industries. Geared specifically for homeowners, this series is presented in conjunction with Design New England Magazine.

This series offers practical advice on how to create the home of your dreams by taking you through all the steps — from learning about the collaborative role of architect and interior designer, to choosing the right window treatments and paint colors, and innovative ideas to create inspired residential gardens. All seminars are free and take place from 11 a.m.-1 p.m. at the Van Millwork Design Center, 65 Crawford St.

Complimentary lunch is also provided.

The first seminar on May 29 will be presented by Graeyer Design Associates, a boutique landscape design firm, and Azek Building Products. The topic, “Outside the Box: Taking Your Landscape Beyond the Ordinary,” addresses good landscaping design which highlights the architecture of a home, exploring various design styles, materials and your personal taste and activities.

The Classic Group Inc., architects and builders, and Cebula Design, interior design firm, will present the second seminar, “Creating the Team for your Home Project,” on June 12. It will address the importance of putting the right “team” in place for a home renovation or new construction project.

The third and final seminar on June 26 will be presented by Chrisicos Interiors, Van Millwork, C&R Flooring, Jacqui Becker Fine Arts Consulting Services and Wolfers Lighting. In this presentation, “It’s All in the Details,” this group of design experts fills you in on the importance of choosing the right interior finish and trim; what fabrics and wall coverings will work best for your space; how to choose appropriate window treatments along with proper lighting and artwork to transform your house into your dream home.

Space is limited and advance registration is required. For reservations or additional information, contact the Van Millwork Design Center at 781-444-8744.

Curves Smart

Curves, a worldwide women’s fitness franchise with four million members, is going above and beyond and looking for participants in the Needham area to be a part of the Curves/Avon Fitness Study to ensure that everyone knows the power of the Curves workout program.

For \$30, participants will be asked to complete 12 workouts over a 30-day period with a minimum of three workouts per week. In addition, participants will receive a start and finish fitness evaluation, 30 days free on CurvesComplete.com, an online diet and fitness solution, and supervised training from a Curves trainer.

Curves of Needham now features Curves Smart, the world’s most advanced fitness training system. You will receive a precision designed workout, moment-to-moment feedback and progress reports that will keep you motivated. Curves Smart ensures you maintain an exertion level that is safe and guarantees maximum benefit based on your own unique body signature.

The Exercise and Sports Nutrition Laboratory at Baylor University will be evaluating the research that is gathered in the fitness clubs and analyzing the results, which will then be published in various journals.

For more information on the Curves/Avon Fitness Study, please contact Cathy Frost at 781-453-2878, or visit the Needham Curves location at 910 Highland Ave.