

# Radisson Concierge 2nd Quarter 2009

A recent study conducted by Harvard researchers at Massachusetts General Hospital found that when the 84 participants switched to the Sleep Number beds, the majority of them reported significant improvement in sleep quality, the ability to fall asleep faster and stay sleeping longer, a decrease in back and neck aches and a significant decrease in soreness, stiffness and pain. Thus, the improved quality of sleep led to an improved quality of life such as decreased food cravings, better moods, and more attentiveness throughout the day.

-Dr. Nancy Etcoff Ph. D.  
Massachusetts General Hospital  
PR NewsWire, United Business Media



By a simple touch of a button, the Sleep Number® bed uses air chamber technology which enables the firmness of a bed to be adjusted to each guest's precise comfort level, their Sleep Number®.

# Radisson®

RADISSON HOTEL DETROIT  
BLOOMFIELD HILLS

**PROUD RECIPIENT  
of the 2009**



**Mother's Day  
Brunch  
May 10, 2009**

Celebrate Mom with an exquisite and delicious brunch this Mother's Day. With decadent appetizers, entrées and desserts prepared from Matt Prentice Restaurant Group's Northern Lakes Seafood Company, there is something for every member of the family.

Seating is limited so call today for reservations.  
248-646-7900



**Complimentary Shuttle Transportation within 10 miles**

**Don't worry about the hassle of driving, directions or parking. Let us take you where you want to go. Our 12 passenger luxury van is a complimentary service offered to our guests for business and leisure. (Based on availability)**

Radisson Hotel  
Detroit-Bloomfield Hills

39475 Woodward Ave.  
Bloomfield Hills, MI  
48304

Phone:  
(248) 644-1400  
Fax:  
(248) 644-5449

**THINK SPRING!**

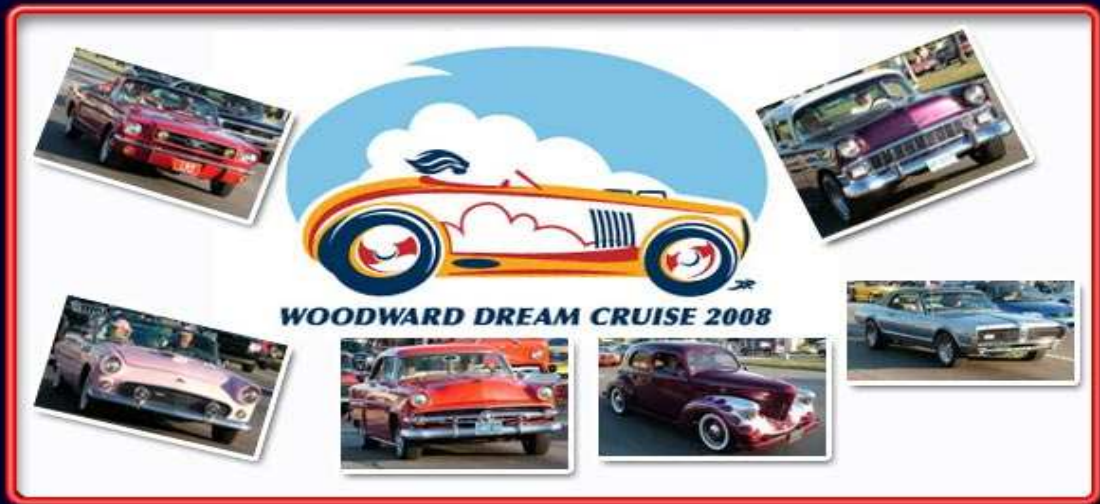


**Where  
Excellence is  
Our Tradition**

#### Client Testimonials

“Our out of state guests had no complaints about anything at the hotel. My experience with scheduling the rooms was very pleasant. Because everything went so well, we will be inclined to use your services again without hesitation.  
Thank you again.”

-Melanie Rouse



**The 2008 Woodward Dream Cruise was Rockin' and Rollin'. Get in the driver's seat and book your event space for the 2009 Woodward Dream Cruise now before it is too late!**

**LOW FAT KEY LIME BARS (144 Calories, 2.5 g of Fat, 0.3g Fiber, 4g Protein)**

Preheat oven to 350 degrees.

Combine cracker crumbs with brown sugar. Lay a sheet of foil in a 8 x 8 square baking pan, with the sides overhanging the edges. Tuck sides under. Spray foil-lined base with butter-flavored cooking spray. Press crumb mixture into pan. Briefly spray cooking spray on top, and press again.

In a medium bowl, beat light cream cheese until softened. Add lime zest and condensed milk. Beat until smooth. Add lime juice and beat until well blended.

Pour lime mixture on to crumb base. Bake for 25-30 minutes, until center is just set and edges pull away a little. Allow to cool. Chill for at least 2 hours. Cut into 16 bars



- 1 ½ Cups low fat Graham Cracker Crumbs
- 2 tbsp. brown sugar
- Butter-flavored cooking spray
- 8oz light tub cream cheese
- 1tbsp. lime zest
- (1) 14oz can fat-free sweetened condensed milk
- 1/3 cup lime juice (3-4 regular limes)