



National Self-Improvement Month



Farmers Table Baby Kale Salad (courtesy photo)

September is National Self-Improvement Month, and we all have things about ourselves we'd like to better. Whether you strive to incorporate more physical activity into your life, make healthier choices when eating, get in tune with your artistic side or just spend time enjoying the finer things in life, this is the perfect month to refocus on setting goals. And to help you out, here are a couple of places around San Diego where you can achieve those goals along the path to becoming a better you!

If donating towards an important cause is one of your September goals, venture into [Fish Shop's Pacific Beach](#), [Point Loma](#), [Encinitas](#) or [Hermosa Beach](#) locations! All throughout September (and October), the Breast Cancer Charities of America is donating \$2 from every bottle of **Chloe Wine** sold at any of the Fish Shop's four spots. Funds will go directly towards BCCA's mission of bringing together organizations to establish new levels of effectiveness in research, education, advocacy and support for breast cancer awareness. So grab your friends, start with a round of oysters and just don't forget to order the wine.

Let your inner Picasso shine at [Mavericks Beach Club's](#) Paint Night, on September 10th. With all the supplies for painting provided including the canvas, paint, brushes and apron, all you have to do is show up ready for a relaxing evening. The instructor will show you step-by-step how to recreate a tranquil, whimsical bloat floating through the water right at sunset. Mavericks Paint Night lasts from 6:00 p.m. to 9:00 p.m. but show up early for Happy Hour drink and food specials. Loosen up with \$6 tropical **Maverick's Mai Tais** and **Margaritas**, and \$1 off other libations like beer and wine.

Whoever said laughter is the best medicine was on to something, and [ginger's](#), in the Gaslamp, has got your monthly dose with their Cocktails & Comedians event, on September 27th. Get ready to laugh until it hurts with a hilarious lineup of local comedians, all while sipping on sophisticated cocktails like **The Cosmo**, an original martini made with a mix of Skyy Citrus Vodka, Cointreau, fresh lime and cranberry juice. The show starts at 8:00 p.m., but doors open at 7:00 p.m. and the event will be packed. Plan to arrive early and grab appetizers or a plate of **Buffalo Chicken Iron Fries**,

with marinated chicken, whiskey-buffalo sauce, ranch, tomatoes and celery, smothered in a three-cheese blend, at [barleymash](#) upstairs.

Consuming healthy food might be the best way to improve oneself, as eating fruits, veggies and other nutritious items will make you feel better, boost your mood and help you live your best life. [Farmer's Table](#), a La Mesa restaurant which strives to serve fresh and satisfying dishes, is a great spot to fuel up for the day during breakfast or lunch! You can enjoy a healthy dinner at Farmer's Table, try the Baby Kale salad with roasted butternut squash, pomegranate seeds, blueberries and candied walnuts with a drizzle of citrus vinaigrette.

Spending more time with friends and family is a goal that seems to top most people's list, so why not head up to Carlsbad and check out [Park 101's Wednesday Movie Night](#)?! Family-friendly flicks such as Jumanji, Pocahontas and Spiderman will begin as soon as the sun goes down, but that doesn't mean you can't show up early and grab dinner. A variety of smoked meat platters, veggie-packed salads and loaded sandwiches can be found on the menu, along with a kid's menu of sliders, noodles and chicken nuggets. For those 21 and up, Park 101 serves beer, wine and cocktails!