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CELEBRATE NATIONAL FRIENDSHIP DAY AT GIRLFRIENDSCAFE.COM

Daytona Beach Florida - July 18, 2007 - Friendship Day is Sunday August 5, 2007. This tradition began in the United States in 1935 when The United States Congress proclaimed the first Sunday of August as National Friendship Day.

Friendship Day at GirlfriendsCafe.com on August 5th, will be a day of celebration to spend time with online friends and let them know how much friendships are appreciated in our lives. As the saying goes ... "A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words."

A UCLA study showed that friendships between women are special. Chaotic inner worlds can be soothed, emotional needs lacking can be filled and friendships between other women can help in many other ways. GirlfriendsCafe.com fills that need for many.

Having friendships with other women may explain the reason women live longer than men. Studies also have found that social bonds reduce the risk of disease by decreasing the heart rate, blood pressure and cholesterol. There is no doubt that having and maintaining friendships help women to live longer. Studies over a six month period have found that people without friends increased their chance of dying earlier. Women who interact with other women also improve their quality of life. In one study, it was found that women who had more friends were less likely to develop physical ailments during the aging process. Women who had good friendships were also found to lead more joyful lives.

GirlfriendsCafe.com was the idea of two long time friends who had the dream of creating a social networking Web site geared toward promoting friendships amongst women of all ages and walks of life. The goal was to create an online community which would provide a safe haven for women to communicate with one another, have fun and express themselves. Linda Allen, co-founder stated "We wanted to build an online community for women of all walks of life. Whether you are a professional, stay at home mom, newly divorced or widowed, whether you are young or older, there is a place for you at Girlfriendscafe.com".

Now, just four months after launching their website, and with over 5,000 members throughout the US and Canada and growing daily, GirlfriendsCafe.com has a thriving membership base of women in all 50 states and parts of Canada. This social networking site is filled with ways in which to communicate with existing friends, as well as meet new ones in a safe environment, where thoughts and ideas can be freely exchanged.

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