



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Wow, we're halfway through the year so far, and it's just zooming by! Let's check in on the topics we visited the first part of 2022....

January: We circled back to 2021 post on decluttering and "Soulful Simplicity" as well as held a Zoom session on insurance clean up.

February: We discussed our professional relationships with medical, financial, and spiritual lens, and we looked at the importance of assessing how they are working each year.

March: We celebrated National Nutrition Month. Thanks to Dr. Kathy Parmele for recipe tips and how healthy eating makes a big impact to your long-term quality health.

April: With help from Tara Frame, we discussed ways to protect your estate and align to your wishes when you are no longer around.

May: We reflected on our mothers and ourselves. We looked at ways to take care of each other as we age and to plant seeds in our youth for the future.

June: We discussed Meaningful Networking and pausing to look at the power of your network.

Reflections:

1. Have you been able to quiet yourself recently? Consider blocking out a mid-year checkup to see how you are doing with your goals.
2. What are one or two areas you would like to focus on to see progress for the rest of the year?

Take care of yourself,
Elaine

I am hoping you are enjoying your summer! We'll try to meet over wine and catch up in September at BIN 201.

Cheers,

Elaine

