



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

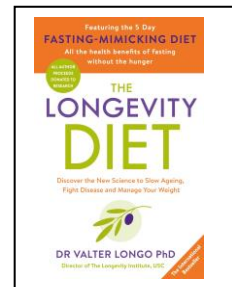
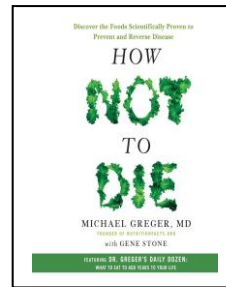
March is National Nutrition Month. As I dig deeper and reflect more on my journey with nutrition, I've realized how connected everything is. Our nutrition affects so many aspects of our health, such as how we think, our energy levels, and much more. Years ago, as part of the Women's Executive Forum part of Leadership Anne Arundel, we did a session called "Food, healer or killer?". I learned so much from that day and realized I was not going to change instantly. My changes were going to be little by little if I was going to keep with it.

Last year we did a Zoom with Dr. Kathy Parmele, who was a presenter at the Women's Executive Forum. Her truths about nutrition made sense to me, and her approach to making things simple and doable as a working mom was appealing to me. This is why I invited her to our Women, Wealth and Wellness Community. I encourage you to check her out at [CHEFCoachMD](https://www.chefcoachmd.com).

We're all at different stages with our nutrition. I admit it's challenging getting family members on board. Any tips would be helpful! I started reading a few books to keep me going and found friends in this community who are a little further in their journey. Those friends were willing to help share their insights which has helped me enormously.

The books Dr. Kathy recommends are "How Not to Die" by Michael Greger, and Valter Longo's "The Longevity Diet".

I'd love to discuss it with you next month at our new coffee gatherings, if you can make it.



I'd also love to see some posts on your health journey to share with others.

This month we'll have a special event with Dr. Kathy for a "how to" meal prep with simple and delicious foods. Be on the look out for more information. The session has very limited availability.

Reflection Questions:

1. What book / podcast do I want to try to listen / read that may be helpful in my journey with nutritional health?
2. What is one thing you can get rid of in your pantry, or what one good thing can you add?
3. What small habit can you introduce in your routine?

Take care of yourself,
Elaine