



# women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Hello Fall! While it does not feel like Fall temperatures, our mindset has changed to the new season with kids getting back to school and the end of summer getaways. Summer always goes too fast.

For the rest of the year, I thought I would focus on tools within our reach. Like the Capital One commercial “What’s in your toolbox...” when it comes to ..Nutrition? Emotions? Meal planning? Financial Management? The framework will provide for lots of conversations...

## Reflections:

What tools can you share with the Women Wealth Community that help you with Wellness?

I know personally for me, getting to know Dr. Kathy Parmele and a renewed focus on clean eating and getting proactive with my health has been a high priority.

Recently, Dr. Kathy encouraged me to think about meal planning in a few different ways. I’m curious about other thoughts, tips or hacks to meal prep that can have a big impact to ourselves and our families.

What tools do you use for meal planning if at all?

Hope you had a great summer. I plan on securing the back room **at True Food Kitchen for anyone interested in joining in for a glass of wine on 10/20 at 5 PM.** Hope you can make it. Let me know if you plan on joining in.

Cheers,

Elaine

