



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

As Spring is upon us, I invite you this month to think about your wellness in terms of what you eat and small habits that may help you live longer.

In the past few years, I have gotten to know Dr. Kathy Parmele. She is an amazing doctor and has a passion to help women get to their optimum health through what they eat. Learn more about how she marries her abilities to save lives as an ER Physician; her love of endurance sports, yoga and meditation; and her desire to help you discover and actualize your best self through health and wellness coaching. [CHEFCoachMD](#)

Live to 100 - Say what?

How are your chances?

Here is a link to a life expectancy calculator:

<https://www.livingto100.com/calculator>

We can not plan the date of our passing; however, we can work on some habits that can help us live longer.



Looking for an easy, healthy and delicious dinner for your family tonight? Check out Dr. Kathy's recipe for garlic shrimp with spinach and cherry tomatoes!

<https://tinyurl.com/2t7vhbfd>



Reflection Questions:

1. What are your key takeaways from the quiz?
2. In January we discussed decluttering. How about your pantry? What needs to go to help support better nutrition this month?

“The key to living long is to love yourself, God first, me second. If things or people in my life are not [working out](#), I cut them loose. I think people must do what they need to do, not what they want to do. They must eat for nutrition, not for taste, and do some form of exercise every day.” Ida Kelling 105- check out her amazing story.