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AUGUST 11th 'VIRTUAL' MEETING

Join us for our talk this month ~

'Weight Loss: Fact vs. Fiction'

Featuring

Dr. Amy Shouse, MS, LAc,
Acupuncture & Functional
Medicine

In this informative talk, Dr. Amy Shouse will discuss the all too pervasive myths floating around in the weight loss world. Simple sayings like "count your calories" or "eat less, move more" are thrown around casually by many well-intentioned professionals.



*Thriving, not striving, at
your ideal body weight!*


However, these sayings reflect beliefs that can actually be harmful to a person who is making genuine and whole-hearted efforts to achieve their ideal body weight. And, if someone repeatedly struggles to lose weight, they may ultimately give up, resulting in even greater health consequences.



VIRTUAL MEETING DETAILS

Click the button to secure your place on our free zoom video conference call. Andrea will confirm & email you the link to join. Please let her know if you need basic guidance using ZOOM.

Watch the video of last month's speaker:



NETWORKING
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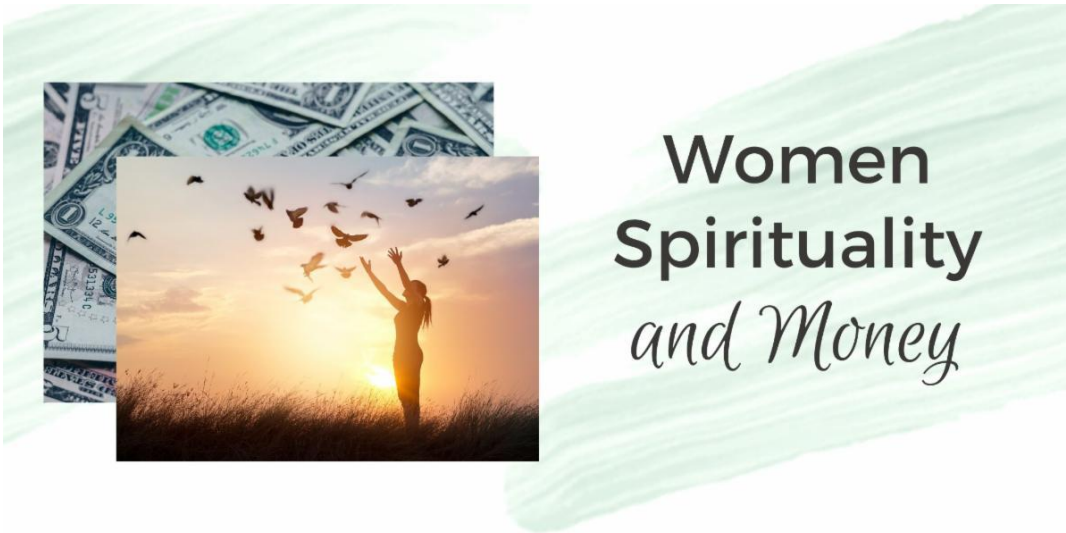
**Headshot 101 ~ How to
Take Photos That Flatter**
Guest Speaker,
Stephanie Mohan
Professional Photographer



Stay engaged with fellow members through-out the month on our private facebook page.



MEMBER SPECIALS



Women Spirituality *and Money*

Women, Spirituality and Money: Awakened Action

Thu, Aug 13, 2020 10:00 to 11:30 AM, online

By Donation



Susan Shloss

In this workshop, we will create a sacred space that supports your healthy, loving connection to money and shines light on what might be in your way. When your prosperity path is informed by divine guidance, you can relax and trust that you are taken care of, and open to the flow of abundance in all areas of life.

[Learn More >](#)



**SUMMER 5-DAY
detox
for beginners**

**A Guided 5-Day Whole Foods Detox to Help You Feel Better,
Have More Energy, and Look Great in Your Shorts
(Without Giving Up Real Food!)**

Group
Detox
Aug. 3-7

- * Boost immunity
- * Deepen sleep
- * Lose weight
- * Feel more energy



[LEARN MORE](#)

Nan Foster



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Save the Dates

Remaining 2020 DATES
Sep 8 | Oct 13 | Nov 10 | Dec 8

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