

# Women's Club Newsletter

## JANUARY NEWSLETTER AND FEBRUARY UPDATES

### JANUARY REFLECTIONS

In January we had a great time at Northern Lights, and we learned all about healthy food swaps and how to read labels (and sadly that our beloved Maurice Salad wasn't doing our gut any favors). If you'd like more information or to view the slides please email Kim Larson ([kimlarson@larsonhealthweightloss.com](mailto:kimlarson@larsonhealthweightloss.com))

### UPCOMING EVENTS

February Gathering 2.12.25

March Gathering 3.12.25

April Gathering 4.9.25



### LINKS AND CONTACTS

[womensclubofnorthernmichigan@gmail.com](mailto:womensclubofnorthernmichigan@gmail.com)

[www.nmiwomensclub.com](http://www.nmiwomensclub.com)

[facebook.com/groups/nmiwomensclub](https://facebook.com/groups/nmiwomensclub)

[www.facebook.com/womensclubnmi](https://www.facebook.com/womensclubnmi)

Venmo @womensclubNMI



### FEBRUARY GATHERING

Wednesday, February 12th at 11:30am  
at Vernales (3018 M-119, Harbor Springs)

Dr. John Powell Presents "Physical Fitness and You," to help prevent chronic diseases, reduce the risk of falls, improve cognitive function & support independence in daily activities. Dr. Powell will explain why being fit is a crucial factor in promoting overall well-being, promoting longer and healthier lives.

Luncheon entree choices are: Chicken Piccata or Caprese Pasta. Salad, Coffee/Iced Tea/Lemonade are included.

RSVP with entree choice, by Wednesday February 5 to Tonya Fegan ([tonya@cim-cnc.com](mailto:tonya@cim-cnc.com) or Central Industrial Manufacturing c/o Tonya Fegan, 8422 N Moelle Dr., Harbor Springs, MI 49740) or via our RSVP Link here.

Cost is \$25 and payment may be made by check (made out to Women's Club), Cash or Venmo (WomensClubNMI).

The Board will meet at 10:00 AM.

Member Dues of \$35 are currently being collected for our 2025 memberships.