

## **June 27 – Taking Care of Yourself – Body and Mind**

Music Box Supper Club. CREW Cleveland received nutrition tips from Kristin Kirkpatrick, MS, RD, LD, an award winning dietitian, author, and TV personality. As we encounter ever changing diet and nutrition fads, don't lose sight of our body's need for real food including the right balance of good fats and good carbs. Joining Ms. Kirkpatrick was Jane Ehrman, MEd, CHES, CHS, a private practice certified imagery and wellness coach. Ms. Ehrman advised of the toll stress takes on both mind and body. We participated in a brief meditation to feel the calming effects of a simple 10 minute time out.

Both speakers offer wellness newsletters through their websites to encourage healthy life habits. Thank you to our Past Presidents for coordinating a thought provoking topic and delicious luncheon.

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