June 14, 2026

Hello Health & Wellness Club Members,

I hope you're enjoying a wonderful week! We have another exciting presentation coming up and several updates to share. 💚

Upcoming Presentation – Reflexology, Reiki & Iridology

Friday, June 19 | 9:30 – 10:30 a.m.
Independence Center – Multi-Purpose Room

Join us for a fascinating exploration of three complementary wellness practices with Sally Durante.

Sally will introduce us to Reflexology, Reiki, and Iridology, sharing the history, principles, and potential benefits of each approach. Whether you're curious about holistic wellness, stress reduction, relaxation, or simply interested in learning something new, this promises to be an engaging and informative presentation.

This is a unique opportunity to expand your wellness knowledge and explore practices that many people use to support overall health and well-being.

Please RSVP here if you plan to attend.

We look forward to seeing you there!

Last Week's Presentation Recap

Cravings, Weight Gain & Blood Sugar

Presented by Ann Ross, Nutritional Health Coach, Natural Grocers

We had another fantastic turnout last week with 77 members attending Ann Ross's presentation on cravings, weight gain, and blood sugar.

Ann did an outstanding job explaining how blood sugar fluctuations can affect energy, appetite, cravings, and long-term health. Members appreciated her practical approach, engaging presentation style, and willingness to answer questions. The room was filled with positive energy, thoughtful discussion, and a shared desire to learn more about improving health through nutrition and lifestyle choices.

One key takeaway: small, consistent habits such as prioritizing protein, fiber, sleep, hydration, and whole foods can have a powerful impact on blood sugar balance and overall wellness.

Click here to view the Meeting Highlights and Key Takeaways from Ann's presentation.

Thank you, Ann and Natural Grocers, for helping educate and inspire our members!

Chef Romana Culinary Experience – A Few Spots Still Available!

Our special culinary event with Chef Romana is filling quickly, and only a few spots remain available.

Join us on **July 20** for a fun and interactive healthy cooking demonstration featuring delicious recipes, tastings, culinary tips, light appetizers, and mimosas.

The cost is **$35 per person** and includes the cooking demonstration, tastings, appetizers, and refreshments.

If you're interested in attending, please complete the registration form below. Reservations are handled on a first-come, first-served basis.

Register Here

Please note: If the event reaches capacity, we will maintain a waitlist and contact members if a spot becomes available. We encourage anyone interested to register, as cancellations do occasionally occur.

We look forward to sharing this special event with you!

New Website Feature – Meeting Highlights

Many members have expressed interest in accessing information from presentations they were unable to attend.

While we remain committed to the value of gathering together in person, we also recognize that members may occasionally miss a presentation or wish to revisit key topics.

This section will feature selected meeting highlights, key takeaways, resources, and wellness insights from presentations and special events when available. Our goal is to provide additional educational resources while continuing to encourage the personal connections, discussion, and shared experiences that make our club so special.

We invite you to check back periodically for new content and updates.

Healthy Recipe Corner

Summer White Bean & Tomato Salad

A simple, refreshing summer side dish packed with fiber, protein, and flavor.

Ingredients (5 ingredients):

• 1 can cannellini beans, drained and rinsed

• 1 cup cherry tomatoes, halved
• 2 tablespoons olive oil
• Juice of 1 lemon
• Fresh basil, chopped

Directions:
Combine all ingredients in a bowl and toss gently. Chill for 15–30 minutes before serving.

Optional: Add tofu, edamame, or your favorite protein source for additional protein and a heartier meal.

Thank You

Thank you for being part of our growing Health & Wellness Club community. Together, we continue to learn, connect, and inspire one another on our journey toward better health and well-being.

For upcoming events, resources, videos, and meeting highlights, visit:

healthandwellnessclub.org

We look forward to seeing you soon!

Warm regards,

Lindy Mitchell
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SCA Health & Wellness Club

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