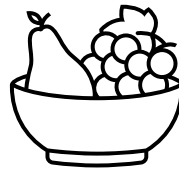




Join us at our FREE



Fitness, Health & Nutrition Event

These 3 speakers will be covering these topics:

- **Katie Ursy** from **Village Fitness** will cover the benefits of exercise on your mental health; best types of exercises for women over 50 and tips on how to incorporate exercise into your daily routine.
- **Craig Dougherty** with **High Country Oil** will discuss some of the benefits of olive oil and balsamic as well using these flavorful products to enhance healthy diets and lifestyles.
- **Ginger Hudock** writes about nutrition, home, health & happiness for **Aiken Bella Magazine**; she will focus on “Balanced Eating for Better Health” and will share 5 rules for eating.

Friday October 22, 2021

10-11:30 a.m.

The Reserve Club

(Any W.O.W. member can stay for lunch at their own expense afterwards.)

