



May is Women's Healthcare Month

The month of May is designated to promote women's health. As we move into the beautiful, sunny weather, now is a good time to adopt healthy practices to enhance our wellbeing. It is never too late to learn new approaches to the complex topic of women's health. Small steps can make a big difference. Stay active with dance, yoga, hiking; keep mentally sharp through meditation, reading, and me-time; keep the body strong through good nutrition, weight training, regular health check-ups; and so many other options!

Our BWN network has a wealth of connections that can assist in taking steps to an improved lifestyle. Join us for our May luncheon where we will focus on women's health topics and opportunities to up your game for a better, stronger you!

[REGISTER FOR THE MAY LUNCHEON TODAY](#)

We don't want to leave June out in the cold. Every year, June brings a very different, very inspiring luncheon, where we will present BWN Scholarships AND BWN Boss Lady Awards (Nominations are open through May 15th [here](#)). If you've never had the opportunity to attend, please join us. You will come away from this event not only feeling uplifted and inspired, but grateful to take part in such a supportive community.

Upcoming BWN Events

You are invited to join us. Registration is required for each event. Click on each section below to register. Become a member and attend our member-only events.

MAY 10 [COFFEE @ SIDAMO](#) ↓

BWN MAY COFFEE

May 10
9:30am-11:00am
Sidamo
8180 Maple Lawn Blvd
Fulton
Host Nirit Roddy

[REGISTER NOW](#)

MAY 17 [LUNCHEON @ PERIODIC TABLE](#) ↓

BWN MAY LUNCHEON

**HEALTH @ WORK
HEALTH @ HOME**

GUEST PANEL
REGISTER NOW

MAY 17
11:30am - 1:30pm

PERIODIC TABLE • 8808 CENTRE PARK DRIVE • COLUMBIA

MAY 24 [HAPPY HOUR @ LA PALAPA CANTINA](#) ↓

05
24
23

LA PALAPA GRILL & CANTINA
8307 MAIN STREET • ELLICOTT CITY

BWN MAY HAPPY HOUR

4:30 PM - 6:30 PM
HOSTS: KRISTIN JARRELL & JULIE NELSON

[REGISTER NOW](#)

MEMBER ORIENTATION
We're glad you're here!

July 26, 2023 • 12:00 pm - 1:00 pm
Everyone welcome & encouraged!

[Register Now](#)

Annual Awards • Nomination Period Ongoing

Nominate Someone Who Merits Recognition

Welcome New Members

INDIVIDUAL MEMBERSHIPS

Marian Berman • [EMAIL](#)
[Living in Place Solutions](#)

Claire Clayton • [EMAIL](#)
[Hite Digital](#)

Jinal Contractor • [EMAIL](#)
[Howard County Economic Development Authority](#)

Linette Teerlink • [EMAIL](#)
[Progressive Athletics](#)

Notice & Invitation

The [BWN Facebook](#) and [LinkedIn](#) pages are public but the [BWN Facebook Group page](#) is open only to current BWN members. If you are not a current member and would like to be, we'd love to have you join us!

[JOIN OR RENEW](#)

About BWN

**BWN is a Community
Where Business Women
Grow Together**

Business Women's Network believes women are more successful when they are in community with other women. Our mission is to provide opportunities for motivated, professional women to empower one another, so that together we can grow our business and our leadership skills. What sets us apart from our other networking organizations is our warm and welcoming energy and our commitment to making genuine connections.

[JOIN BWN](#)

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