

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 though 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!

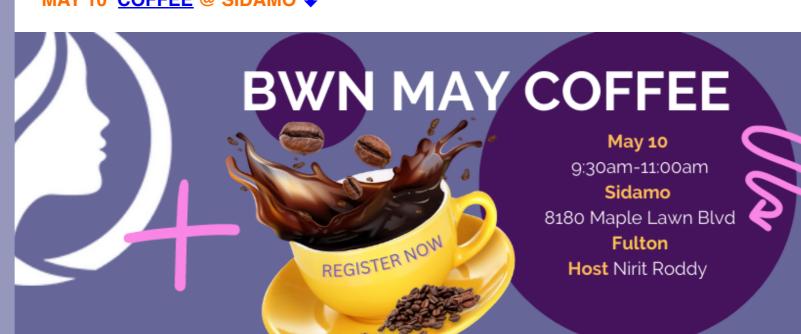
REGISTER FOR THE MAY LUNCHEON TODAY

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.

Opcoming 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 ↓



MAY 17 LUNCHEON @ PERIODIC TABLE \$\limins\$







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

This message has been sent to you by **BWN of Howard County**. If you no longer want to receive these newsletters, you can unsubscribe at any time.



