



# Fall Newsletter



September 22nd, 2016

Note from your friends at The Woman's Club:

Thank you! This is the season where gratitude and thanks is acknowledged. We are thankful for all our members, coaches, and staff at The Woman's Club. Thank you for choosing to share your healthy lifestyle with us!

## Monday October 24th: The Women's Club Book Club

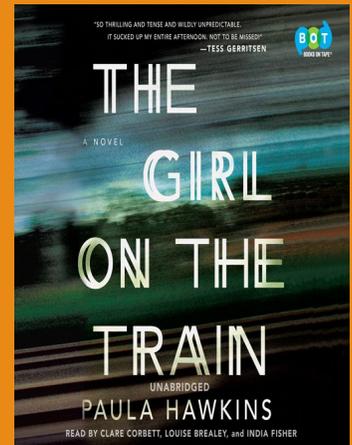
Join us for *The Women's Club Book Club* for our next meeting on

Monday, October 24th at 6:30pm.

This will give you plenty of time to read this month's book

*The Girl On The Train* by Paula Hawkins.

Everyone is welcome!



## Thursday November 3rd : Holiday Vendor

Join us for *The Women's Club Holiday Vendor Night* on

Thursday November 3rd from 5pm-8pm.

The ultimate holiday shopping event!

Over 30 local vendors specializing in art, jewelry, fashion, home décor, sweets, and much more.

FREE ADMISSION

All women welcome!

1606 Sylvestre Drive, Tecumseh



## NEW 20~20~20 Complete Workout

Join LouAnne on the last Sunday of each month for an all over body complete workout for all ages and fitness levels!

**20 minutes warm-up, strengthening & conditioning**

**20 minute Restorative Yoga**

**20 minutes Meditation & Relaxation**

The 20~20~20 Complete Workout will replace the Meditation Yoga class at 10:30 on

October 30, November 27, and December 18



## Cream Corn Like No Other: The Perfect Thanksgiving Side Dish

Try out this easy vegan creamed corn recipe.  
Guaranteed to be comforting, warm and filling!



### 7 Ingredients

- 2 cups frozen corn kernels
- 1 can (15 ounces) coconut milk
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- Handful flat-leaf parsley, chopped
- 1/4 teaspoon red pepper flakes
- 1 tablespoon chopped scallions

### Directions

1. Combine corn and coconut milk in a saucepan over medium heat, and bring to a simmer. Season with salt and pepper. Cook until coconut milk has evaporated a bit and thickened, about 15 minutes.
2. Once the mixture has reached the desired consistency, mix in parsley, red pepper flakes, and scallions.

## Helpful Tips

- Don't do the same workout every single day. It is important to give each muscle group a rest!
- Drink 8 glasses of water a day to flush toxins, keep joints healthy, and keep metabolism higher especially during your workout!

