

## WOW program to be on elevating confidence

FALLBROOK – The next Woman of Wellness (WOW) event will take place in the community room at the Fallbrook Library on Thursday, Oct. 6, from 6 to 7:30 p.m. Light, healthy refreshments will be available and the program will begin at 6:30 p.m. Attendees are asked to bring a non-perishable food item as a donation to the Fallbrook Food Pantry.

“Creating a Daily Success Routine to Elevate Confidence,

Health and Happiness” will be presented by Margaret Leonelli, independent sales director for Mary Kay Cosmetics and a life coach and mentor. Her passion is to inspire confidence and balance in life.

This free monthly program is offered on a broad range of topics including staying well, getting well, being well, and living well. Registration to attend is no longer required. Attendees can check in to

receive a door prize ticket(s) and to fill out a form to sign up as a Woman of Wellness member and be notified directly of future WOW meetings.

The Fallbrook Healthcare District sponsors this program for women and invites every woman to sign up and attend these evenings to learn about paths to wellness for herself and her family. There is no cost to join or to attend.