



*January 2015 - In This Issue:*

**Advertisers**

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**Upcoming Meetings**

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**January**  
**Meeting**

**FEATURED ADVERTISER**

**Evansville Country Club**  
**Wednesday, January 28, 2015**  
 11:30 a.m. Networking begins  
 12:00 Noon Program begins



**Dr. Bonnie Schnautz**

**Naturopathic Doctor,  
 Certified Natural Health  
 Professional**

*Eat and Succeed for  
 Professionals... How to get the  
 Competitive Edge.*

So much media is focused on calories and fats; however, that is the least of our concerns in remaining healthy. Have you considered how the chemicals in your food are impacting everything from anxiety, to depression, and hormone imbalance? Success in your career, or your company's bottom line as a business owner, is related to the foods and drinks consumed. Dr. Bonnie Schnautz, ND will provide tips on the best foods to eat and what to avoid in order to succeed personally and professionally.

Dr. Bonnie Schnautz is a Naturopathic Doctor, Certified Natural Health Professional, and Loomis Digestive Health Specialist. She is the owner of B Renewed Wellness Center in Evansville, IN and a native of Michigan. The B Renewed Wellness Center offers nutritional testing for toxicity, mineral levels, saliva hormone panels, and food intolerances. Her passion is educating and empowering

## Schultheis Insurance



### Upcoming Meeting Dates

- January 28, 2015
- February 25, 2015
- March 18, 2015
- April 29, 2015
- May 27, 2015
- June 24, 2015
- July 22, 2015
- August 19, 2015
- September 23, 2015
- October 28, 2015
- November 18, 2015
- December 9, 2015



## MONTHLY ADVERTISER

### The Women's Hospital



**The Women's Hospital™**

Part of our comprehensive services at The Women's Hospital include providing peace and relaxation at our Center for Healing Arts. Services include:

**Acupuncture** is a form of Chinese medicine that stimulates the flow of vital energy in the body and can be used to treat a variety of health conditions.

**Massage Services** strives to provide clients with healing and nurturing that results in both physical and mental benefits through massage therapy services.

Center for Healing Arts











[www.deaconess.com/healingarts](http://www.deaconess.com/healingarts)

individuals to help renew their health & energize their life using whole food solutions.

*Menu: House salad/rolls, Penne with holy trinity celery, green peppers, onions, corn and blackened chicken. Pumpkin cake with cream cheese icing for desert!*

**A Network of Evansville Women**

PO Box 3192  
Evansville, IN 47731

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[Click here to RSVP for the January meeting](#)

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