

## **EWI Roanoke Chapter Membership Meeting Minutes**

**February 13, 2008**

The February meeting was held at The Hotel Roanoke starting with a cocktail reception and networking at 5:30 p.m. The meeting was called to order at 6pm by Wanda Hatchett, Co-Vice-President and began with member, guest and guest speaker introductions.

**Members Present:** Wanda Hatchett, Becky Beard, Lana Seale, Linda Mack, Michelle Chambers, Angie Baughman, Jo Lynn Seifert, Marlene Stewart, and Elizabeth Futrell.

### **Program Presentation: “Healthy Lifestyles both Inside and Out”**

- Sherry Stinson, Certified Personal Trainer/Group
- Kathleen Palmerton, Licensed Aesthetician, Allura MD Laser Aesthetics

**Sherry** by explained “**Wellness**” is about changing the body’s mindset. Women are over-worked and over-stressed and they need to *make time* to care for their health by developing an exercise regimen. Combining strength training with a cardio workout empowers one to develop better eating habits, lessen body fat and adds more lean muscle. Together this changes the body and empowers the spirit. Sherry’s no nonsense approach includes everything from training athletes to group exercise (Salem YMCA), and private coaching.

**Kathleen** explained how the latest chemical treatments stimulate skin cell turnover so skin stays thinner and healthier as it ages. Maximum results can be achieved when combined with exercise and a good skin care regimen to slow down the aging process. The latest laser treatments target specific problem areas such as dissolving broken capillaries, removing brown spots (sun damage), permanent hair removal and more. Sherry and Kathleen have monthly seminars as well as monthly specials from Allura; sign up to be notified by email at [www.alluramd.com](http://www.alluramd.com)

The presentation ended with a question and answer session and skin care giveaways from Allura.

Everyone was encouraged to invite guests to March’s meeting and wine event; location to be confirmed. The meeting convened at 6:55 pm. Wanda gave the invocation and a delicious dinner wrapped up an enjoyable evening.

Respectfully submitted,

Jo Lynn Seifert,  
Secretary