

#### November is National Gratitude Month

Gratitude is an active process of acknowledging goodness. Gratitude can decrease stress, enhance our moods, and contribute to improved overall health and well-being. We at BWN are grateful for you, and the relationships new and old that we've established this past year!

We are also grateful for technology. It lets us stay connected, be productive and for some of us, we're able to work from home because of technology. However, we all have digital clutter! Our digital files, phone storage, and inboxes are often overflowing with clutter and overwhelming to sort through. In keeping with our back-to-business theme, we will be tackling digital clutter at our November luncheon. Katherine Picott of **Tidy Milso** will be speaking about the importance of digital organization.

Please note the location change. Join us and bring a friend. Share your gratitude for the BWN community by sharing it with someone else.

**REGISTER TODAY** and take advantage of the Early Bird savings. Bring a friend and introduce them to the supportive environment at BWN. See you there!

#### **SPECIAL NOTICE**

Membership dues will be increasing to \$175 as of January 1st, 2023. We appreciate you and wanted to give you as much time as possible to account for this increase. We encourage you to log in to your account and renew early at the current rate.



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.





10/30 Happy Hour @ To Be Announced









Winter Growth's founder dreamed of creating a community where seniors and adults with disabilities could continue to learn and grow - where their lives would be filled with joy and purpose. With over 40 years of experience, Winter Growth has fulfilled that dream - offering Adult Medical Day, Memory Care, Assisted Living, and Respite Programs that embrace and celebrate all that individuals are, and all they have the potential to be.

How BWN can help: Gas or grocery store gift cards are most helpful for cancer patients who are in daily radiation treatments for 6-8 weeks. For more information, contact Colleen Konstanzer at:

colleen.konstanzer@wintergrowthinc.org 410-964-9616

SUPPORT WINTER GROWTH

## Welcome New Members

**INDIVIDUAL MEMBERSHIPS** Madeline Miskie-Jaeger • EMAIL Sandra Barton • EMAIL

**Varsity Graphics** Jessica Montz • EMAIL **Trembling Giant Marketing** 

**Geeyoun Galstad-Lee • EMAIL GRF CPAs & Advisors** 

Windsong Studio LLC

**Brenda McGregor** • **EMAIL** McGregor Enterprises

# Notice & Invitation

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!

The **BWN Facebook** and **LinkedIn** pages are public but the **BWN Facebook** 

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.

This message has been sent to you by **BWN of Howard County**. If you no longer





