

MRWF Luncheon Meeting, Wednesday, Nov. 15th

**Club Restaurant at McInnis Park, 350 Smith Ranch Road, San Rafael, CA
11:30 am – 1:30 pm**

Speaker:

Speaker: Joanie Greggains, the Bay Area's noted Health and Fitness Expert

Topic: Here's how to get started - Improving your physical well-being for life



Joanie Greggains, popular host of *The Joanie Greggains Show* on KGO Radio for 25 years, is known for her long-running TV exercise show *Morning Stretch*.

Joanie's 25+ years of representing health and fitness in the media have made her one of the more trusted and respected sources of information today. She is always up-to-date with the latest trends and information and brings you legitimate information about maintaining good health.

Joanie believes in the value of education. Her goal is to teach you how to make well-informed choices so that you can take charge of your own health. She believes that "Fitness isn't a job or an obligation; it's the natural result of making good, positive lifestyle choices every day."

Join us to get your questions answered by the expert!

Luncheon Reservation:

\$30 members

\$32 non-members

Deadline: Friday, Nov. 10th

Make check payable: MRWF

Mail reservations: Kathryn Thompson, 821 Albatross Drive, Novato, CA 94949

Phone reservations: 415-898-0090

Email: kathryn@thompsonsgolf.com

Lunch Choice: pick one

____ Fish and Chips

____ Chicken Caesar Salad