

Monmouth COUNTY Woman™



Celebrating Our 11th Year

An Educational Resource for Women and Their Families

FREE ~ Please Take One



MAKE GRATITUDE A HABIT.

Sometimes it's easy to get wrapped up in the negative aspects of our lives.

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KEEP DREAMING!

Travel opens us up to the wonders of the world and connects us to culture and nature.

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TRAIN YOUR MIND TO CURB YOUR STRESS AND LIFT YOUR SPIRITS.

The holidays are approaching, and this year's will clearly be different than those of previous years, and the possibly more stress-provoking.

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Photo by Carmela Caracappa Photography.

Women Helping to Educate and Enhance Life (WHEEL) is a volunteer organization designed to provide women with tools and resources to help make impactful changes in their lives. Geeta Brana started WHEEL in 2015 when she recognized there was a void for a group that encompasses all aspects of change in a woman's life. Read more on pages 10, 11 & 12.



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