

Plandome Woman's Club Works On Healthy Habits

BY LORI KEARNS

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On Wednesday, Jan. 7, The Plandome Woman's Club held their January program "Getting Back to Healthy Habits—Health and Wellness with Stacey Kelly." Kelly is a Holistic Health Coach, Plandome resident and Plandome Woman's Club member. She spoke to the members about how to get back to our old healthy habits and create ones that will stick with us for a lifetime! It was a great way to start of the new year.



Stacey Kelly, Holistic Health Coach



Annie Vetrone, Plandome Woman's Club President, Stacey Kelly and Lori Kearns, Plandome Woman's Club Programs Chairperson



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