

# Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - May 2024 *Mother's Day Edition*

## A Note From Coach

Happy May,

This is the month to celebrate ALL Moms, Aunts, Sisters, Friends, and Women who help to support and encourage! Motherhood is not an easy job, certainly not one you get paid to do...but the reward and LUV for being a mom is a blessing. I wish you all a beautiful day, a lovely Mother's Day with your loved ones and happy memories and moments to fill your day. I truly am so happy to see so many wonderful Mother/Daughter Teams and Grandmother/Granddaughter Teams here at the club.

Happy Mother's Day,  
LUV Ray & Diane Martinez 💕



"Today is a special day to celebrate how much we love and appreciate the one and only grandmother in our family—You! Happy Mother's Day!"



# Fa·buela

/fa-bwě-la/ 

1. Like a regular Abuela pero mas fabulosa.

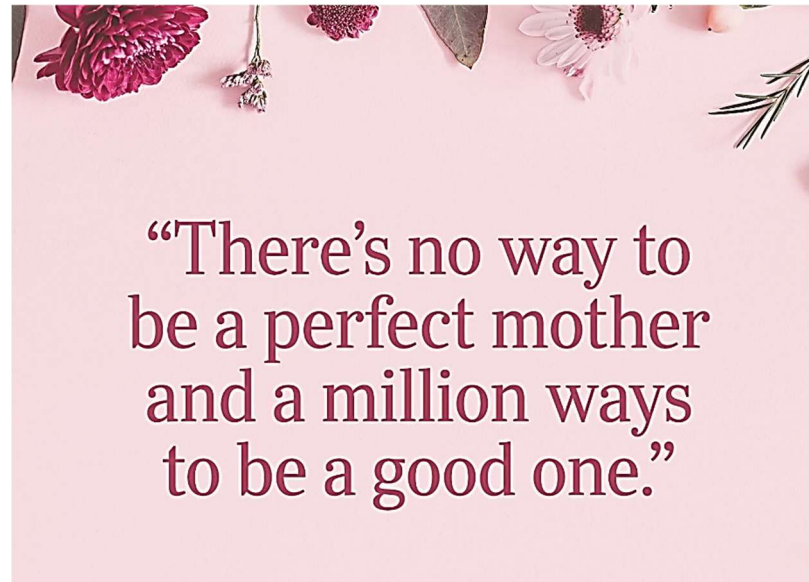
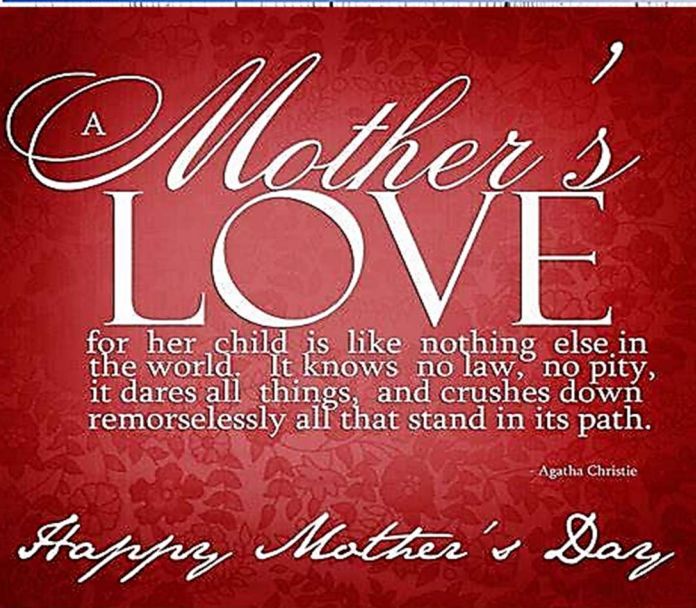
[ see also : "Chingona", "Bonita", Maravillosa ]



## Upcoming Events



**Join Us As We Cheer The Crowd On With  
Our One-Of-A-Kind HYPE!  
More Details To Follow!**



**Eat Well Be Well**  
Healthy Products & Recipes

