



Women, Wine & Wellness is a vibrant group of women who love to connect, learn, grow, and be inspired. Our events are for women who are passionate about health, and who just want a fun night out to connect with and support other women with the same interests.

- Develop strong bonds with like-minded women in the community
- Showcase non-profits
- Learn from wellness experts
- Gain inspiration
- Make new friends

We are on a mission to empower women. It's been our experience that by connecting and supporting each other, we not only build stronger bonds with one another, but become more confident in our own power, and able to live our lives more joyfully.

Fostering support relationships, no matter what kind, can give a person a sense of well-being and purpose. In fact, it's possible that having a sense of purpose can actually add years to your life! Having healthy social relationships makes a bigger impact on avoiding early death than taking blood pressure medication or being exposed to air pollution! Sometimes having at least one good friend to help walk you through issues can make all the difference.



Beaumont