Categories: Mom's Corner

A healthy meeting

Today Rob was our guest speaker at our La Habra Moms Club meeting. We did our club business and then Rob gave us a very interesting lecture and information about health and nutrition and exercise. He also diagnosed Liz and she said he was dead on the button correct. They were really impressed with Rob.

Rob donated a Sprouts Goodie Bag full of fresh produce and all sorts of healthy yummy food along with a dozen of Mimi's muffins. Arlene, our newest member, won the prize. She has an adorable 2 month old son.

I baked gluten-free muffins and Rob passed those out to everyone. Also, he provided 2 dozen of Mimi's muffins. Everyone really enjoyed the meeting.

Hopefully Rob will get some business from some of our members.

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