

# Tea Cup Talk

2/2011 Newsletter  
for Greater  
Downtown BPW

**State Theme :  
Building Toward a  
Stronger  
Tomorrow.**



Welcome new  
members

Rochelle DiMatteo  
Lisa Di Biase  
Summer Johnston  
Diane Soden

## 50 Women's Successful Habits

11. They align themselves with like-minded people. They understand the importance of being part of a team. They create win-win relationships.
12. They are ambitious; they want amazing – and why shouldn't they? They consciously choose to live their best life rather than living it on auto-pilot.
13. They have clarity and certainty about what they want (and don't want) for their life. They actually visualize and plan their best reality while others are merely spectators of life.
14. They innovate rather than imitate.
15. They don't procrastinate and they don't spend their life waiting for the 'right time.'



## Heart Health

More than 42 million women are currently living with some form of cardiovascular disease. Women can present with different symptoms than men, so important warning signs are sometimes dismissed as stress or too little sleep.

There *are* certain things out of your control, including some risk factors for heart disease such as: Family history of premature cardiac disease, coronary artery disease or stroke. Your age, particularly if you are 55 or older. Being postmenopausal or having your ovaries removed.

But, there are factors that you *can* influence:

- Smoking
- High blood pressure
- High cholesterol
- Obesity
- Lack of physical activity
- Diabetes



## Important dates to Remember:

Wednesday 2/9/2011 – monthly LO meeting with Susan Dykas presenting “Technology Skills to Empower Women – Computers, Smart Phones, Social Media”

Wednesday 3/9/2011 – monthly LO meeting with Nancy Lyn Cotter presenting “ Volunteerim – Moving from NET WORTH to SELF WORTH”

Wednesday 4/6/2011 Spring District 10 Meeting  
6pm – Generations in Media

BPW/PA State Convention – 6/9-11/2011  
Cranberry Twp. Pa.

## To Be Scheduled:

Individual Development Program

Fundraiser @ Simpson Tea House

Business Card Exchange

Gift Bags for Women Veterans @ CVAMC