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"Soul Sister Saturday" Inspires Women Over 40 to Embrace Wellness and Self-Care

Sacramento, CA – May 1, 2023 — On May 23, 2023, women over 40 from across the region gathered for a transformative experience at ****Soul Sister Saturday****, an uplifting event dedicated to mind, body, and spirit wellness. Held from 11:00 am to 4:00 pm PST in the serene setting of a beautiful private backyard, this special day was a celebration of self-care, self-love, and the power of community.

The event featured two dynamic guest speakers — Lynniss Woods-Mullins, CEO of PraiseWorks Health and Wellness, author, speaker, and award-winning holistic living and wellness expert for women over 40, and Jewel Diamond Taylor, best-selling author, motivational speaker, and life coach. Together, they led an engaging and insightful conversation on the essential role of self-care and self-love in achieving overall wellness for women in midlife and beyond.

"Soul Sister Saturday is more than just an event; it is a gathering of women who are ready to embrace their next chapter with vibrancy, purpose, and joy," said Lynniss Woods-Mullins.



"We are here to remind each other that our well-being — mind, body, and spirit — should always be a priority."

The event, sponsored by V.I.B.E. Wellness Woman 40 and Beyond, also featured a delicious catered lunch and an array of vendors offering unique products and services that cater to women's wellness needs. Participants enjoyed the opportunity to connect with like-minded women, share stories, and gain new insights into living a vibrant and empowered life.

"Our goal is to create a space where women feel celebrated and inspired," added Jewel Diamond Taylor. "Events like these remind us of the importance of sisterhood and the strength we find in coming together."

Soul Sister Saturday was a celebration of life and a call to action for women to invest in their well-being and joy. The inspiring event was a testament to the power of community, connection, and conscious living.

For more information about future events or to learn more about V.I.B.E. Wellness Woman 40 and Beyond, please contact Lynniss Woods-Mullins at lynniss@vibewellnesswoman.com or visit www.vibewellnesswoman.com.