

## Listen to Your Gut and Age Backwards

The Gut Health Secret of Feeling Younger

*Presented by Angela Grondahl*



**WEDNESDAY, OCTOBER 8, 2025**

O'Neill's Restaurant & Bar  
9417 Mission Rd, Leawood, KS 66206

|                   |               |                |
|-------------------|---------------|----------------|
| 5:30 PM           | 6:00 PM       | 6:40 PM        |
| <b>NETWORKING</b> | <b>DINNER</b> | <b>PROGRAM</b> |

Angela Grondahl has been a Designer at Hallmark for nearly 19 years and is also a Ruby Leader with Plexus Worldwide, specializing in gut health and the microbiome. Passionate about helping women find root-cause solutions to their health struggles, she draws from her personal journey of overcoming over 20 years of digestive issues and perimenopause struggles.

Angela mentors women across the country, empowering them to feel younger, healthier, and more confident by addressing gut health, blood sugar balance, and inflammation. A busy mom of three boys and wife of 25 years, she understands the demands women juggle and teaches simple ways to restore energy, reduce symptoms, and thrive.

Angela will share insights on:

- ▶ Why gut health is the key to aging gracefully
- ▶ How 70–80% of symptoms trace back to the microbiome
- ▶ The gut-brain connection: sleep, mood, and cravings
- ▶ The truth about inflammation and blood sugar balance
- ▶ Simple habits to help feel younger from the inside out

***Invite a friend and reserve your spot today!***

Program & Dinner: \$25:Members \$27:Guests  
Reservations AND Dinner Choice required  
by 6 pm Sunday, October 5th.

Details at [www.abwamokan.org](http://www.abwamokan.org)



*Changing Women's Lives  
One Woman at a Time.*

**MO-KAN CHAPTER**

Email  
[ABWAMoKan@gmail.com](mailto:ABWAMoKan@gmail.com)  
Website  
[www.abwamokan.org](http://www.abwamokan.org)



**BELIEVE. BELONG. BECOME.**  
American Business Women's Association