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FOR IMMEDIATE RELEASE

NEW WELLNESS MAGAZINE POISED TO HELP WHERE IT IS MISSING Praiseworks Proudly Launches New Magazine "Wellness Women 40 and Beyond"

With numerous magazines, and newspapers out, you would think everyone would have something to turn to and read. Surprisingly, a health and wellness company, Praiseworks, has found that women in their 40+ has no magazine to address their needs when it comes to health, diet, and fitness.

Wellness Woman 40 and Beyond - different backgrounds, same journey is an online magazine for women 40 and over. The goal of the magazine is to help women pursue total wellness for their mind, body and spirit through sharing information about holistic practices and fitness.

The first magazine has been released at: <https://issuu.com/wellnesswoman40/docs/wellness-woman-mag-final>. It has a number of great articles and information. The buzz for this first magazine has been tremendous with many people demanding it prior to its release. The views and hits on the page and social media sites have not disappointed!

Lynniss Woods-Mullins, CHHC, CLC, CPI is the Founder and CEO of PraiseWorks Health and Wellness a faith based company that provides products, services and events to help women along their journey to total wellness for the mind, body and spirit. PraiseWorks also produces a weekly radio show, gives webinars, has coaching programs, and produces fitness DVD's and CD's.

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If you would like more information about this topic, or to schedule an interview with Lynniss, please contact at 916-706-7565 or email at info@Praiseworks.biz