Community is a Vital Sign: The Retreat Roundtable Transcript

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Opening the Retreat and Community Theme

Welcome to the table talk podcast. This is a unique podcast that we have today is we are on a retreat with our team here in Austin, Texas. And um so we are just going to chat about we talk a lot about the five pillars of health. And one of those pillars is community and having community. And part of why we even have this team of health pro professionals that are working together is that we didn't want to do this in a silo. We wanted to have community surrounding helping people. And so we're just going to sort of share a little bit about what community means to us and um we'll just see where it goes. So thanks for listening in or watching if you're watching on YouTube. So Nicole, why don't you talk us to us first since you have the microphone um about what community means to you and you know what it is that you feel like people are missing maybe in our current society. >> Yeah. Well, I know I can speak to myself as people even on this one because I recently moved across the country and I don't know anybody where I am. So, having space to be able to connect with other peers and other women and people who are doing the same thing as me or trying to at least um is really powerful, especially in person because we're all virtual. We live all over the place and yeah, one of my goals when I get back is to find my own community in the town that I live in. So, it's more and more obvious as time goes on that like that in-person connection is so necessary for us to live healthy, happy lives.

>> Yeah. Awesome. Anyone else want to share community? >> I'll share. >> Okay. Mhm. >> So, I am a newish mother um for the first time. I have a toddler and um I feel like for so many women, especially kind of in that um you know, mid life, I guess, um age range, um we tend to just kind of like put social connection and community last. um we're taking care of everybody else and that just kind of gets put on the back burner. And so for me, not only um getting to be around this team of amazing pharmacists um from all over the country, getting to be in one spot together with like-minded people and just sharing um our stories and fellowship. Um but also just like being with other women and you know having time for myself and I'm not taking care of anybody else this weekend. Um it's just so important and um again like it's we hit that sort of pmenopause age. Um and it's it's hard like having adult relationships is hard because life gets harder and harder. Um you know to to connect with people life gets crazy. So um being here together just like it solidifies that for me.

Why In-Person Connection Matters

like you have to be intentional about cutting out time to be with those people who really lift you up and make you feel better and it's important for our health. So awesome Angel.

>> Yeah. Um I'm going to kind of add on to what Megan said about, you know, I think it depends on your season of life you're in. Um but I feel like connection for me right now is very important. Um, you know, back home I have friends who are parenting children about the same age. It's good to be able to see what they're doing, learn from them. Um, also as parents get older, being able to like kind of relate and have support in those areas as well. Um, this group is excellent because it's great, like you said, being around other like-minded people. um working on some of the same areas of health, being able to learn and share. Um just so much collaboration and just knowing that other people, you know, can help you out, provide advice, um and just learning from those around us. Um, and then I do think too it's important like we said as women finding a group of friends or people that you can, you know, step away from your role as, you know, maybe a pharmacist or a mom or a caretaker and just being yourself and um being with your friends and taking time for yourself as well.

Yeah. And I was going to add on, I guess, too, to what Angela said, you know, when you're in different seasons of life, you find yourself in different pockets of community. So, you know, for example, neighbors who have kids the same age or you know parents of other kids who play the same sports as your kids. So, you find yourself really with them oftentimes throughout the week and on the weekends when you have going to soccer tournaments and gymnastics meets, etc. Um, so it's fun to have that kind of piece of community where you're all in the same life stage and um your kids are friends and and you really get to build bonds in that way. And then you have your college friends where you do have to make intentional time to hang out with them or meet up at a restaurant or

whatnot. Um and then folks like the farm-totable gals where you know you get to carve out intentional time whether you're um meeting up in your local city because people are visiting or you're coming to a retreat. Um, it just really fills your cup because you are able to share kind of the highs of the highs and the lows of the lows of your life, your professional career, etc. Um, and it's just neat to be able to form connections with people from across the country.

Yeah, I felt like just coming here feels like I've known all of you ladies forever. I just like meeting you on Zoom and everything. the joys of the technology that we have that we can like be across the country and get to know each other and just felt like we've been talking forever. And then as far as like talking about what Megan was saying about being intentional, what I've discovered is if I don't put things on the calendar, I'm not going to do it.

And I can go six months to a year without meeting with my best friends. And so, you know, kind of fell into these communities with a book club and a cooking club. So, once a month, I'm getting together with two separate groups of women that were here for each other for again the highs and the lows and loss and, you know, celebrations for each other. And that has just been literally one of the things that I start to crave if I miss it. So, I think that it's really good to be intentional and put it on the calendar and have a group of women who is ready to commit to being in each other's lives.

Community Through Parenting and Life Stages

I love that because I think so many people are trying to find friends that are um you know they're searching because maybe their kids are different ages and their neighbors kids and their lives aren't like fitting together but like a book club or you know maybe it's a Bible study or you know something that you're like this is an activity but it also becomes like your built-in family and your network and things that you're >> that you're working towards. So >> awesome. And I will just um piggyback off of that. You know, community, it was so important for me, especially after COVID, after being isolated, to actually be a part of a group and talk to people, whether it was like over Zoom or coming to meetings like this. And I really noticed how my health declined. I started not being able to form sentences and have conversations. So I really um noticed that about myself. So um not only joining farmtotable but I also tried interacting more by going into work and acting you know with my colleagues. So I thought that was really important. think that's interesting, Amber, that you bring up this concept of the lack of community and kind of the way that lack of community is detrimental to your health and your well-being. Um, and the piece that like one of the things that stands out to me is I worked um when I first graduated from pharmacy school, I got a job working at a um pharmacy benefit manager. So I was working in the insurance world and all of my colleagues were they were all pharmacists. So we had this thing in common and you're like oh yeah we'll have you know something to talk about but pharmacy can really only get you so far if unless you're going to talk about similar pharmacy topics. And I suddenly realized that these people were like they were super interested in sports and like the latest TV shows and what was on Netflix. And I'm like I'm not like I'm not that person. I like to cook. I don't watch TV. I have a garden. And it was all it was really isolating. And I'm in this massive company with all of these pharmacists who I feel like I should be able to be friends with and I can't because I don't have a common seed or a common denominator to talk with. And like I come to these retreats and it truly feeds my soul because I don't have to be anybody different. I don't have to like pretend like I really know what's going on in the world of sports because I I honestly don't. Um, and like there are people on our team who do and it's great because they're willing to like share it and I can learn from it but they don't have an expectation of like oh that sports team I like I can't even make a joke about >> can't even like come up with a name.

[laughter] But we can then like geek out about supplements or like low, you know, sourdough bread or, you know, the newest kind of space age like infrared mat therapy that we're like, "Oh, let's try this out." And so all of a sudden there's this like tribe. And so I often talk to patients about like, "Who are these people that light you up? who do you need to see in your life? And making sure that you take time to see those people, whether it's family members or best friends or colleagues, but like that is such an essential piece of health that like your primary care doesn't your you know, your primary care doctor is not going to write a script for like spend 20 minutes with your best friend every day of the week, but really we should. And I think like I'm going to add to that because it just triggered some thoughts about how as we go through life like it was super easy making friends when we were in school and because you're with those people every single day but as we age you know like Angeline um Sarah was talking about like we become more isolated and our vision or our hobbies change. So sometimes like your friends even change and you have to evolve and find that community. So it's better for your health.

>> Okay. It's really hard. Let's just say as an adult to say like, "Oh, my friends have changed. My interests have changed and I don't know." Like all of a sudden, yes, you have to be like, "Sarah, we're going to go get dinner. We're going to put it on the calendar right now." And then all of a sudden it's like that, you know, like, okay, well there's these things here and we have these things here and finding that >> six days from now.

>> Yep. Six six Wednesdays from now we'll figure it out. Or like you know Nicole, you're on the other side of the country from me. We need to like text back and forth to figure out when we can meet on Zoom to just catch up and like scheduling that and then saying like, "Oh, this is a new person and I want to be friends with you.

Intentional Friendships and Shared Interests

" Like we don't say that as adults like, "Hi, I think you're really cool. Can you be my friend?" [laughter] But I think we should more often because then it helps make sure that they also want to be your friend and you build that community and you build those connections.

>> I've seen that like in a mom's groups where people will post like, "Hi, I'm new to the area. Like, I have this interest and this interest. Like, who wants to be my friend?" And I love that because I think it's like so I mean they're putting themselves out there. They're saying like, "I want connection.

I want community. I wanted off of this social media platform that really isn't real connection. Um, so I think that's really cool. But I think a lot of times also when people get really isolated, they start to believe like everything they read in a lot of our social media, you know, the post and the news and all of these things. And there's no one else to like bounce those ideas off of and no one else to like come in and say, "Well, maybe that isn't completely true." So it really like gets people spinning in a way. I mean, if you think about even some of like the tragedies that have happened and people start to believe that this is okay and it ends in a mass shooting of some court, but I mean that's like an extreme example, but I think there's a lot of times where even in our own minds, we like teach ourselves to believe something that isn't true because we're not filtering it through the lens of like other people in our in our world. So Sarah, did you want to chime into anything now?

[laughter] Um I kind of wanted to say something on coming from like the patient side. Um you know a lot of people come to functional medicine because of their own health journey maybe a family member or a friend and I have my own personal health journey and um it was very very isolating at at the beginning and um I mean this was even before co and I was just kind of you know at home I didn't have a lot of connection at all. I felt like nobody understood what I was going through. And the, you know, as time went on, I really just learned that trying to find people who get it. And um connecting with people is so much, you know, so important to the healing your your journey and healing, you know, just like going to your doctor, you know, your medications, your supplements, all that other um you know, the foundations of of health. Um, but community is super important. So, I love that I found this group of women. Um, like Sarah said, you know, we can be ourselves. Um, people who truly get it. So, I think that it's just important to find those people.

They may not always be your family um or your next door neighbor, but you know, truly just like we've said, intentional a lot, but being intentional about finding people um who you can relate to and who get it, it's very, very important. Um, and I just wanted to add a little bit more too, kind of tagging on with the health and the importance of connection, especially if you're going on this healing journey, like finding people who are supportive because we know that's not always the case as you're trying to eat differently, like finding other people who can share recipes or support your choices or people that can help you with movement or exercise. Like I have a walking buddy that we walk every weekend. like that just really helps to build on those habits for health that you're trying to do. Having community that has similar goals or is on the same journey that you are.

>> Yeah, I love that point. I think there's a lot of great community in the CrossFit, like I call it the CrossFit community because it's all about, you know, having this group of people that you show up with and you do the work with, but then a lot of them like hang out afterwards or, you know, do other things. But I know that's not like the only gym type that there is out there.

But it just seems like they're like a the group, a community that does things beyond just the gym. So if people are

looking for, you know, a way to connect, maybe it's a yoga studio that you, you know, go into if if crossfit isn't your thing or another type of another type of gym. Shout out to Kelly's Body Shop in Dayton, Ohio. [laughter] I enjoy my community with. So yeah.

>> Yeah. I think it's also really important to speak to as you grow and change and evolve as as your own human being, finding the right community is so important. And it's important to address leaving the people that are no longer a good fit because that can be a really really hard process. But for me, it's more important to find the people that fit you as you are now, rather than try to pretend to fit in and hide pieces of yourself, to stay with the same people that aren't necessarily good for you or you just don't have anything in common anymore. And there's a whole process of like even grieving your past self like this is the person who got me here and that's not the person that needs to bring me forward. That's sort of the same as your community. So your community needs to evolve and grow and change as you do as a human being. And there's so much sadness and grief that we need to be able to acknowledge in this process in order to have this healthy emotional connection with other human beings. I think that what you just said, Nicole, is such a maybe it's just where I am personally at in my life right now is a very powerful thing about letting some pieces go and being like, oh, I am not that person even though that person is like it is part of who the picture of who I am, but it is no longer like front and center object of interest in the middle. it's just kind of making up the background and saying like it's okay for that stuff to be in the background. And then um something that came up is we're talking about like it's important to have community. It's important to find your community, but like how do people do it?

How Isolation Affects Health

And I would be it'd be interesting to hear like how everybody here has kind of found their community. Like we've talked on this retreat about how we each came to farmtotable through various either social media things or through continuing education events. um or through other colleagues who have heard about it. Um but some of the things that like I have found is like I have a very close friend and I found out much later in life that we actually both really enjoy playing games and comic books and I was like I didn't know which is odd because I've known her for good threequarters of my life and I didn't know she liked comic books and so we started kind of going down this rabbit hole and turns out that like she has friends that also like these sorts of things. And now we have like um a group of women and we were playing long form role playinging games which is kind of a dorky thing to do but it's [laughter] like you know it feeds the soul and has nothing to do with work and it's totally not a group of people I would have necessarily found but it's like using you know maybe you have somebody who knows a lot of other people you don't know and saying like hey let's hang out with some new people. Um, and so now I have this other group of friends and now we're going to go and like read um, romance books. We have a book club. We're going to read romance books and do crafts together. And I'm so excited because [laughter] our first one is next month and I'm like, "Yes, I can't wait. It'll be so great." But I'd love to hear how everyone here has found kind of maybe a a unique way of finding their communities.

>> Yeah. I think um the one of the friends group friend groups that I left for moving away um we for a long time had an ethnic restaurant dinner club. So once a month we'd rotate who chose the restaurant but you have we had all these rules and you can make up your own rules but it was uh go to a restaurant so you're supporting the local community and you have an excuse to get a babysitter or to just get off of work early or get there. And that was the most connected that I think I've ever been with a group of friends is because once a month doesn't seem like crazy. It's not going to break the bank to go out to eat somewhere. And it wasn't the price of the food. It was that it was a different ethnicity of food that then we had like the last time or the last few times. And we keep a spreadsheet and all kinds of nerdy things like that. But um but that was so cool because we got I mean that that went on for almost five years and then COVID hit and then we kind of stopped. But I it's something that I want to revive in my current community and then you know whoever comes can bring a friend and get to meet people that way too. So one thing I did was um you know I'm very into like the wellness space. I wanted to meet people who were like-minded. So there was a little local business. I'm from San Antonio, Texas. And they had this like healing bizaar I think they called it.

It was once a month, like the last Sunday of every month, and they had these different vendors, practitioners, just, you know, all kinds of different people. And you could sort of um get like a mini session of whatever they offered if it was acupuncture, sound healing, all kinds of things. And so I just kind of made it a point to go to that like every the

last Sunday of every month. Like that was kind of my thing. Um I, you know, I would bring maybe a new friend. Um, so I got to kind of have that experience with them and so I've met some really great people through that. And then book club, which um I think Lindsay mentioned, but I love that. So um, one of my friends created a book club and she brought some of her friends. So I met new people and we get to meet and maybe go try a new restaurant and talk about our book. Um, so yeah, that's some of the ways I've found community.

>> Yeah. And for my book club, that just started off with a friend from social media who happened to show up cuz she's a military wife. She showed up in Boyisey and went, "Hey, does anyone want to hang [laughter] out?

Like, I want to hang out as moms." And so then she's like, "Well, does anyone want to start a book club?" So we started a book club. She ended up moving away. We kept the book club going and now it's we just kind of drag in all of our book bookish friends, you know, anybody that wants to join a book club and make treats and join up once a month and talk about the book that we're reading, the books that we've been reading. And then we did just have someone uh from Threads go, "Hey, I just moved to Boyisey. I hear my interests and I want to join a book club." And both me and the girl who host it saw it and we were like, "You should come join our book club." So, she showed up for the first time a couple months ago. Um, and then I'm also in a cooking club and that started off with the gal who runs it.

Finding Your People and Letting Go

She just um she and one other gal were talking and she loved cooking and she loved hosting and she wanted a community. Um, as you know, she's starting off being a young mom and you know that started in 2015. So then they started you know with the eight people for the eight different courses of a meal and just as someone leaves then we you know they agree that just the community and then they invite someone new and I got invited after the first year. So I've been there for nine years now and it's just been like during co the craving for community the loss of that and like what Amber was saying the feeling sicker and feeling sadder and just you know the impact on our health. Um and then postco it's like I appreciated it and recognized that it was something that I needed in my life even more than I did prior to it. Even though it was fine, it felt fine. You know, as a young mom with a lot of young kids, it doesn't it didn't feel like necessarily the life raft that um it felt like after co like and now I'm like these are the anchor points in my life. >> Yeah. I love the mention of the military family. We live in a um military community because there's an Air Force base even though we aren't in the military. But I found that they are like the easiest people to make friends with because they're all looking for friends because they're moving and transient and you know looking to build community. Um so some of like our richest friendships have been people that we've only like lived in community with for three to four years that they were in our area but then are still able to stay in touch with at different times. Um, but I would say that like also living in a newer development has also helped us because we like everyone is new to the space and it's not like we moved in and people have lived here for 30 years. Like the houses are all built, you know, in the per similar period of time. Um, but for me it was like going and knocking on doors and bringing people banana bread when they like moved in and saying, "Oh, do you want to come over for dinner?" And one of our friends who was in one of the churches, I would say one of the richest times in our lives for community was we were a part of a um it was called a network of house churches, but it was that we met on Sunday, but like every other ministry out of the church like happened through this group of people that you met within your home and um and so I mean sort of like the biblical idea of the acts and you know what was happening in that time but um but like doing life with those people like con you know constantly and you you know, these women would come over and sit and uh hold my baby so I could sleep because my husband was out of town like when I had a newborn and just like the closeness of of all of that. Um, but one of the people, you know, he always said, "We have to eat, right?" Like we have to we all are eating dinner every night. And so like if you want, you know, to engage with your neighbors and do those things, like just invite someone over to dinner or invite to meet out to dinner. like it doesn't take much more effort to double your recipe to invite the family next door. Um, and we sort of learned that somewhat through the hard way a little bit with our last community. We lived next door to these wonderful people for almost eight years. And um we ended up moving and they had told us like oh if you ever need anything like don't worry you know or let us know if you need anything or need a place to stay because we had to live somewhere else for 6 months before we could get into our house. And then it was like even longer than that. And so we came back and said um hey like we need we when remember when you said that if we need anything like let us know. And um we were like, "Could we live with you for like 2 months?" And like this was like two adults and two kids and like one of them was a crazy sixmonth-old baby that was all over the place or not maybe he was

probably a little older than that by then. Anyways, maybe nine months, but um they said yes and they were like the most like hospitable people and they let us live in the upstairs of their house. They had three bedrooms upstairs and their bedrooms downstairs for two months. Um, but we got to like such rich like relationship and community now with that couple and it just like boggled my mind because it was like we lived next door to you for 6 years, but it took like this intentionality. Obviously living with someone is very different than living next door, but like that experience of like the closeness of community in those two months was like amazing. And just like thinking about how in other cultures too like the grandparents and the families and the grandchildren like all live in the same house and how like that community enriches like everyone's lives. So So I think about that a lot how we like isolate and want our own space and all of those things but sometimes like the physical like living together component. That's why college is also awesome because kids go away and live together and learn how to be together. But I don't know. I'm going on sort of a tangent with this. But anyways, there's also a book that it reminds me of called I think it's called The Teal Table.

Creative Ways to Build Community

And this woman like painted a table teal, which maybe is why I like chose teal as part of our our colors. But she painted this table teal and she sat there every morning with her cup of coffee in the front yard of her house and like people just started coming and sitting down and having coffee with her. and it was just this like exercise in you know learning to be together and bringing her community together. Um but so I don't know but there's lots of like diff so that was everything I think we've talked about is like the you have to be intentional about it whether you're painting a table teal and sitting on your front lawn and going out there with coffee to share or you're inviting someone to dinner or you're signing up for a book club. I think a lot of people can get in their heads that like no one wants to be my friend or no one wants to do this with me and they're like isolate they're speaking that to themselves in reality like there's all kinds of people with your interest. I think about like when you mentioned the crafting and all the things like the gaming people that are into like board games there's whole conventions of like and we got kicked out like we were going to have a conference in Indianapolis one year and like they told us we couldn't have a hotel like block because the gamers were like in town and it was like taking over all the hotels. So, like if that's your thing, that's like awesome and and do that and enjoy it and um so yeah, but Sarah was going to say something.

>> Oh, sorry. >> Listening to everyone. I am definitely not intentional. I'm not I'm very introverted. Like this is even hard. and just like sometimes even being here and I mean you've all I've met some of you and like stepping out and like the first day is really tough and then like getting a little bit more into it and then in my own community I came from a really small town so a community was it just was everyone knew everyone you're just a community and like moved to a bigger town still a town to a lot of you but it's it's hard and being intentional and putting yourself out there and you all like motivate me to want to do that more. Um, oh, I was like another connection with what you were saying Nicole earlier. something that I hear that happens in perry menopause and ironically like we're kind of like we're all kind of headed toward that space and but I hear that you just have less cares when you hit pmenopause and like you aren't going to really care what other people think about you anymore and I'm feeling more and more of that but still there a little bit but that's part that I look forward to and I'm kind of leaning into and looking forward to making more of a community in the small one that I'm in. >> Um, as you were talking about um the building community and then Sarah kind of what you almost brought like what you sort of brought up is the fact that it's hard especially if it's not natural to like walk up and talk to somebody and be like, "Hey, will you be my friend?" or like talk to somebody you don't know. And it reminded me of how I came up with the whole coffee shop pharmacist idea. Um because there's a an element of bravery I think that is inherent in building your own community and like finding those friends and making those connections. Um, I would sit and study and it's so easy to sit and study and like put on your blinders and not pay attention, but sometimes like I would just get super bored of studying. [laughter] And um I would sit right where people would pick up their coffee at this coffee shop. they would come and order and the coffee shop was very they were very um specific about how they made their coffee and so it took time. You know, you weren't going to go in and get a latte that was like quickly pulled and then milk frothed and just tossed on top. Like they made latte art. If the espresso wasn't dialed in right, they would like take the time to redial it and regrind it and rebrew your whole cup of coffee for you. And so sometimes people are standing there for a good 5, 10, sometimes 15 minutes if there's a lot of drink orders. And so I would just be like, "Okay, here we go. We're just going to talk to this person and be like, "So what you doing today?" You know, or like I'm in Minnesota. So we would talk about the weather or, you know, they'd be holding a book and I'd be like, "Oh, what book are you reading?" But then because I'm studying, I have all my pharmacy stuff out. They would be like,

"What are you doing?" And all of a sudden we started like this community started to like naturally take place and it was a really beautiful space because people would come and like I didn't need their phone numbers. I didn't need to know where they were.

Like all I had to do was show up at this coffee shop and inevitably somebody that I knew would walk in after a time or somebody who was like interesting and had a different job and had a you know a story to tell would come in and like either pick up a their coffee and we would chat a little bit or they'd like sit down next to me and read the newspaper and we'd like gripe about the current economy or health. Usually it was healthcare stuff. Um, but there's that element of bravery of like jumping into the pool and being able to like talk to the stranger and realizing that they're not I mean 99% of the time they're going to be friendly, right?

Small Groups, Shared Space, and Closing Thoughts

You might get somebody who's in a rush and like they might or they may just not talk to you and you're like, "Well, just try again with the next person." But, you know, really supporting people to be brave and take that step can be really really beneficial.

I wanted to add on to the idea of the living together with people that are not your immediate family. Um, >> not quite living together, but I love coming to retreats like this or vacations like this where we're staying in a home and it's a rental home, but we're we all have a common area. We are preparing meals together. We're doing things together where like in a hotel everybody has their own room and then they stay in their own rooms and then okay well we'll meet at 5:30 for dinner and you miss the opportunity to connect from 10:00 a.m. to 5:30 in these slow casual ways that you know there's no pressure to perform there's no pressure to do or be or look any certain way. This is us as humans and we get to experience that because we're all humans and we forget that especially when we're looking at social media and we only see the highlight reel and we don't get to see people with messy hair or no makeup or okay well what you know like what am I supposed to be wearing and then you have the group consensus of like what's going on here but there we miss that opportunity for community and connection and vulnerability if we don't have like communal space. I just want to say that some of the best conversations I've had with anybody have been like the ones that were had like while we were getting our hair, you know, while we were getting ready to go. Not while we're out, but while we're getting ready to go or when we're sitting, you know, like up late and nobody really wants to go to bed because you don't want to be the last, like you don't want to be the first person to leave the group and so you like sit and just keep talking and things get goofy. Like I love those moments. So >> awesome. Well, this has been just like a Did you have something else you wanted to >> I just thought it might be important to point out your community does not have to be big.

>> No. Right. >> Um and I I feel like when I think of community, I I think big and that's not always better. Um here in Texas, bigger is better, [laughter] but um I mean it's it's quality over quantity, right? So, I mean, one to two people who just are truly there for you, you know, 110%. Is just as good as being in all these different book clubs, cooking clubs, all that. So, I think that's important, too, cuz it is it is hard to meet new people and put yourself out there. So, >> yeah. And especially if that doesn't come natural, like having just like two solid people that and I even think about that for kids and having people outside of parents and outside of aunts and uncles that are like adults in their life that are or you know solid friends that they have the ability to like communicate with and express with is like so important to them growing like into well-rounded people that can communicate needs and things as well. So well awesome. Well, thank you guys all for being vulnerable and sharing. Um I love this. I love that you are here this weekend. Um, but we'll wrap this up and head out to dinner at one of our favorite chain restaurants, but [laughter] [gasps] we're going to True Food Kitchen, which is a fun, if you are in one of the cities that has one, is um, a restaurant by Dr. Andrew Wild started it, who is an integrated medicine physician, and everything on the menu is amazing and options, plenty of gluten-free options. So, a plug for True Food Kitchen. Um, [laughter] but thank you again for being here and being part of my community.