



# **Fifty, Fat, and Female: The Newly Protected Class (All Things Female) (Volume 1)**

*Brenda Irish Heintzelman*

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# **Fifty, Fat, and Female: The Newly Protected Class (All Things Female) (Volume 1)**

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We work hard, we study hard, we encourage others, we bring the cupcakes, we offer the ride, and clean up the kitchen and we even find the time to google symptoms on a daily basis. At this age we're learning to let go of our children and our parents at the same time, even our family pets, along with the dream that Prince Charming ever existed in the first place. Many of us are reframing our lives; changing careers, moving across the country, or learning to bend like a pretzel for the first time in yoga class. Whatever life has in store for you, whatever you've been through or are maybe even facing right now, my hope is that my essays will help you step back from your daily stressors and laugh just a little, or a lot, even if only for an evening. The bottom line is this; you are not alone. We are all right here with you in this thing called midlife.

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