

January 2026



M.O.V.E. FORWARD!

MAGAZINE

M.O.V.E. Forward! magazine inspires women to enhance their mind, body, and spirit. Every issue includes uplifting stories, actionable advice, and motivational challenges aimed at helping women live with purpose, confidence, and resilience

✉ info@rwhwy.net

 rwhwy.org

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Putting wellness and health first will help us to make our visions everything. We are M.O.V.E.ing and grooving in 2026!



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JANUARY 2026

UNPLUG CHALLENGE

Suggested by Deshia, M.O.V.E. co-director

Go one hour a day with no electronics—no phone, TV, tablet, or computer. Use that time to reset, reconnect, and refocus on what matters most. Then share what you accomplished during your unplugged hour and inspire someone else to unplug too.

#UnplugChallenge #MOVEDifferently #ActiveLiving #MindfulMoments #DigitalDetox

In 2026, our goal is to *M.O.V.E.* with intention, *Making Our Vision Everything* by choosing health, honoring our bodies, and nurturing our whole selves, one mindful step at a time.

ACTIVE LIVING

Motivation



M — Move with Meaning

Intentional movement that honors your body, energy, and season of life.

O — Own Your Wellness

Taking responsibility for your health choices without guilt, shame, or comparison.

V — Value Your Vitality

Protecting your energy, strength, and well-being as essential — not optional.

E — Empower Everyday Choices

Making small, consistent decisions that support lifelong health and balance.



2026 IRS Deduction Rules Changed

For Non-Itemizers

- **Deduction Amount:** Up to \$1,000 for single filers and \$2,000 for married couples filing jointly.
- **IRS Charitable Contributions:** <https://www.irs.gov/charities-non-profits/charitable-contributions>

Join us in celebrating the power of community, compassion, and connection this giving season.

Empower. Inspire. Give Back.

Ways You Can Give:




Zeffy Donation Options:
One-Time • Monthly • Annual
Give securely through Zeffy — 100% of your gift goes directly to our mission.

<https://www.zeffy.com/donation-form/18c3e824-659f-4246-8c69-7c3769e44007t>




RWHW&Y Walmart Registry

<https://www.walmart.com/nonprofits/2b027460-8150-41c9-b2b3-2fee3e2ad58b/profile>

A Few Ways That Your Gift Makes An Impact:

- Provides wellness tools for women managing high blood pressure
- Funds youth empowerment workshops
- Supports health challenges that inspire movement & confidence



(678) 293-2330



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Douglasville, GA



MEET YOUR
Lash
Artist

Business
HOURS

MON	Closed
TUE	Closed
WED	Closed
THU	Closed
FRI	4:00PM - 10:00PM
SAT	8:30AM - 8:30PM
SUN	8:30AM - 8:30PM

Contact Information

(678)2932330
222niyab@gmail.com

additional information

Home base in Douglasville
\$15 squeeze in fee.
10% off when you refer a friend

Social Media

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I choose habits that support my health, thoughts that steady my spirit, and boundaries that protect my peace.



THE YEAR AHEAD

January invites us to begin again — not with pressure or perfection, but with intention. For women, health and stability are not destinations we arrive at once; they are rhythms we return to again and again throughout the year.

This year, let health mean wholeness, not hustle. Let stability mean groundedness, not rigidity.

Health Is More Than the Body

True health includes the body, mind, emotions, spirit, and relationships. It is built in small, consistent choices:

- Moving your body in ways that feel supportive, not punishing
- Eating to nourish and sustain, not to restrict or control
- Resting without guilt
- Asking for help when needed
- Honoring your emotions as information, not weakness

Health grows when we listen to ourselves — especially when life gets loud.

Stability Is a Living Practice

Stability doesn't mean life never shifts. It means having anchors when it does.

Stability looks like:

- Routines that support your energy, not drain it
- Financial awareness without shame
- Boundaries that protect your peace
- A support system — even if it's small
- Returning to what grounds you when things feel uncertain

You are allowed to adjust. Stability is built by responding with care, not by holding everything together alone.



Alternative MEDICINE

Talk With Your Dr. About Alternative Options

Being open about complementary approaches means partnering with your doctor for safe, informed care.

Start the Conversation

- Appreciate your doctor's guidance
- Express interest in holistic health

Opener: *"I value your guidance and want to discuss some complementary options alongside my treatment."*

Share & Ask

- Mention specific supplements, teas, or lifestyle changes
- Ask: *Is it safe with my current medications? Could it interfere? Are there side effects?*

Checklist

- List current medications & supplements
- Note options you're curious about
- Track side effects or concerns
- Ask how to monitor BP or symptoms
- Clarify warning signs
- Set follow-up plan

Reminder

You have the right to ask questions. Your doctor's guidance ensures safe, informed choices.



Disclaimer:
Educational purposes only.
Always consult your
healthcare provider before
changing any treatment. Your
voice matters; professional
guidance keeps you safe.



Doctors who concentrate on weight and weight-related concerns typically include:

Primary Care Physician (PCP)

Often the first point of contact. They can assess weight concerns, screen for related conditions, and provide referrals.

Endocrinologist

Focuses on hormones and metabolism. Helpful if weight issues are related to conditions like thyroid disorders, insulin resistance, PCOS, or diabetes.

Obesity Medicine Physician

Specializes specifically in weight management. They address nutrition, physical activity, behavior change, medications, and sometimes coordinate care for surgery. Many are board-certified in Obesity Medicine.

Bariatric Physician / Bariatric Specialist

Works with patients who have significant weight-related health risks. They may focus on medical weight loss or coordinate bariatric surgery when appropriate.

Gastroenterologist (in some cases)

May be involved if digestion, absorption, or gut-related issues are affecting weight.

In addition, many people benefit from a Registered Dietitian Nutritionist (RDN) and, when needed, a behavioral health provider who focuses on habits, stress, or emotional eating.





MONEY

tips for 2026

Start the year strong with simple steps to grow your financial health:

- **Check Your Budget:** Know what's coming in and going out.
- **Set Goals:** Pay off debt, save more, or start investing.
- **Automate Savings:** Small amounts add up fast.
- **Track Spending:** See where your money really goes.
- **Cut Unneeded Subscriptions:** Free up extra cash.
- **Build an Emergency Fund:** Aim for 3–6 months of expenses.
- **Invest or Increase Contributions:** Make your money work for you.
- **Practice Mindful Spending:** Buy with intention.
- **Celebrate Wins:** Every step counts!

Start 2026 empowered and in control of your finances.



Favorite Cook Found on the internet

IT'S ME KELLZ

It's Me Kellz (Kelley Harris) is a dynamic food creator, inspiration coach, author, and content creator whose vibrant personality and love for cooking have captured the hearts of hundreds of thousands of followers. Known for her joyful energy and signature phrase — “That’s GOOD!” — Kellz turns everyday meals into moments of connection, comfort, and celebration.

Born and raised in Georgia, Kellz is a devoted wife, mother, and creative entrepreneur who brings authenticity and warmth to everything she does. Her content blends old-school, home-style cooking with modern flair, reminding her community that food is more than nourishment — it’s love made visible.

Whether she’s sharing a favorite recipe, going live in the kitchen, or offering words of encouragement, Kellz shows up as her full self — relatable, uplifting, and full of flavor

~It's Me Kellz

“COOKING IS LOVE MADE VISIBLE
— AND EVERYONE DESERVES A
GOOD MEAL AND A LITTLE
ENCOURAGEMENT.”

Follow along for recipes, laughs, encouragement, and plenty of “That’s GOOD!” moments.



 **Connect with It's Me Kellz**

 **Location: Georgia**

 **Business Inquiries: itsmekellz.llc@gmail.com**

 **Facebook: <https://www.facebook.com/TheRealItsMeKellz>**

 **Reels: <https://www.facebook.com/TheRealItsMeKellz/reels>**



Comfort Cooking, the Kellz Way

From fluffy yeast rolls to rich oxtails and simple, soulful cabbage, It's Me Kellz shows that great food does not have to be complicated. Each recipe reflects her signature style of cooking with heart, confidence, and flavor.

Why These Recipes Work

Yeast Rolls: Warm, homemade comfort that brings people together

Oxtails: Slow-cooked tradition with deep, satisfying flavor

Easy Cabbage: Simple, affordable, and full of comfort

Together, these dishes highlight how everyday ingredients can create meals that feel special and nourishing.

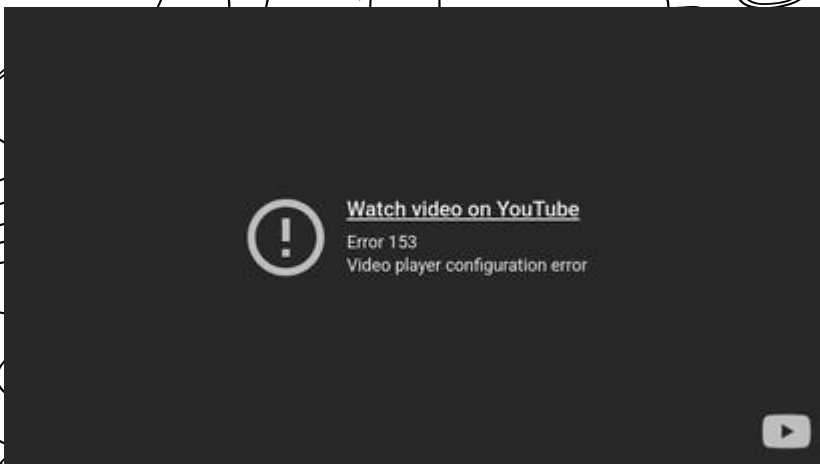
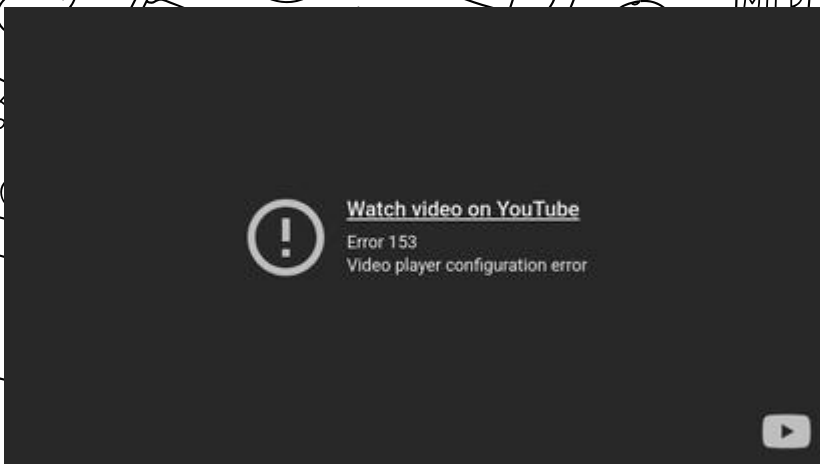
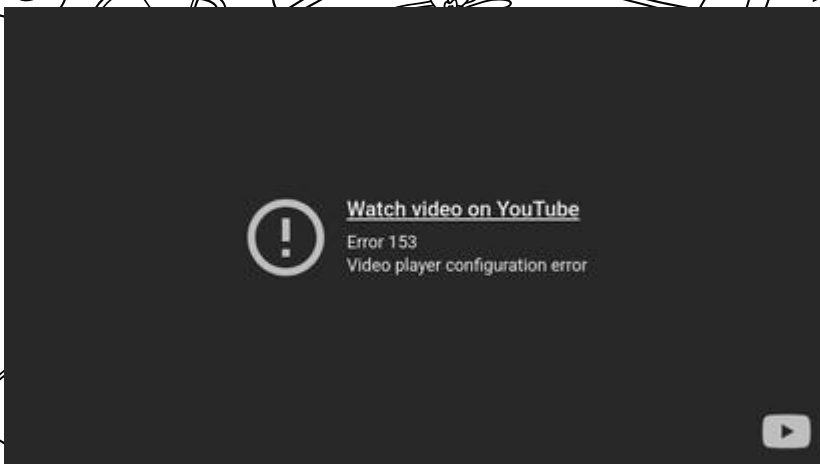
Kellz's Kitchen Tip

Cook with confidence, taste as you go, and allow yourself to enjoy the process. The best meals are made when you slow down and cook with intention.

More Than a Recipe

These dishes are about connection. Cooking creates moments, memories, and shared experiences that last long after the meal is over.

Click on the photo and subscribe to It's Me Kellz for more recipes, encouragement, and kitchen inspiration.





Art Therapy



Intention Scribble

- Begin with a blank sheet of paper.
- Write a word or intention in the center (for example: peace, courage, release, clarity).
- Without lifting your pen or marker, begin drawing one continuous line around the word.
- Let the line twist, turn, loop, and wander—moving in and out, left and right—without planning or judging it.
- Follow your instincts and allow the line to go wherever it feels drawn.
- Experiment with different colors as you continue, noticing how each color changes the energy or mood of the piece.
- When you feel complete, pause and observe your drawing. Notice any emotions, thoughts, or sensations that arise.

Optional reflection: What does the movement of your line reveal about how you're feeling right now?



**I READ,
I EXERCISE,
I LEARN,
I BECOME.**



**HEART AND SOUL
WELLNESS SOLUTIONS**

— Therapy with a purpose

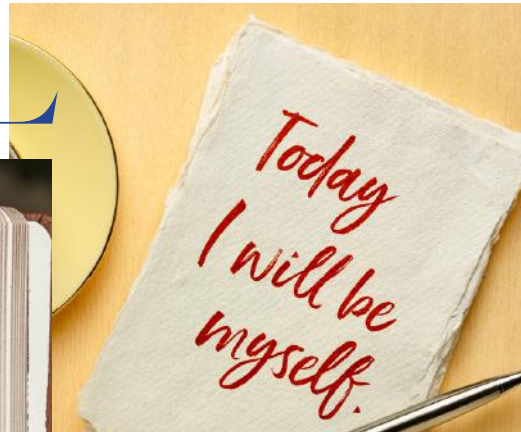
3400 Chapel Hill Road, Suite 100

Douglasville, GA 30135

Call us at (404) 383 4498

[Schedule an Appointment](#)

TODAY, I WILL



Intention Description:

An intention is a purposeful focus—how you choose to show up, think, or feel in a moment or over a period of time. Unlike a goal, which is about what you want to achieve, an intention is about who you want to be and how you want to move through your experiences.

Setting an intention helps bring awareness, clarity, and direction to your actions. It serves as a gentle guide, reminding you of what matters most and helping you stay grounded, even when things feel challenging. An intention can be a word, a phrase, or a feeling—such as peace, courage, kindness, or balance—that anchors you to your values and supports personal growth.

**Real beauty is
courage in motion...**



**stepping into your power,
honoring your voice,
and embracing yourself fully.**

Shay

*Women
are
invited*

Join our 2026 Invaluable Me! Sister Circles

Send a request to connect with RHWY&Y:

✉ Email: crawley@rwhwy.net

🌐 Website: www.rwhwy.org



Women - Join our **FREE** community!



**REAL
WOMEN
HELPING
WOMEN
& YOUTH**



Real Women Helping Women & Youth has established a Slack community designed for women to connect, uplift, and inspire one another.

Our Slack community serves as a platform for women to: share experiences, seek advice, and collaborate

Our mission is to empower women by equipping them with the tools, skills, and opportunities they need to thrive.

The community is free to join! Women can request access by scanning the QR code or by emailing info@rwhwy.net to express their interest in joining our Slack community.



Building Relationships in Your Community

Strong communities are built on relationships. They grow when people take time to connect, listen, and show up for one another in meaningful ways. Building relationships in your community does not require grand gestures. It begins with simple, consistent actions that create trust and belonging.

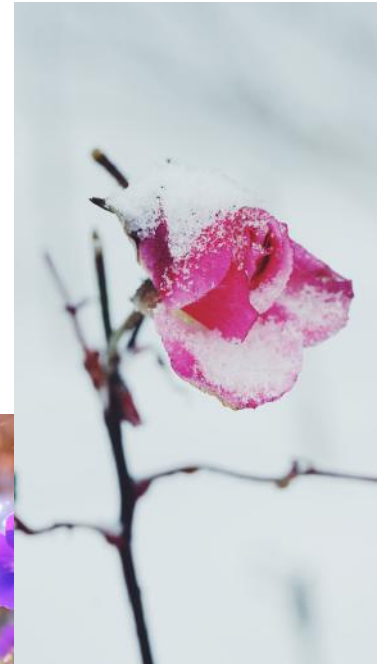
Start by being present. Attend local events, join groups that align with your interests, or participate in neighborhood activities. When you show up regularly, familiar faces turn into conversations, and conversations turn into connections. Listening with intention is just as important. When people feel heard, and that is the foundation of any strong relationship.



Sharing your time, skills, or encouragement can also strengthen community bonds. Whether it is volunteering, offering support, or celebrating someone else's success, small acts of care create a ripple effect. Communities thrive when people understand that everyone has something to contribute.

Building relationships in your community is about creating a space where people feel welcome, supported, and connected. When individuals come together with openness and respect, the community becomes stronger, more resilient, and a place where everyone can grow together.

BLOOM



Bloom: Becoming More Than You Were

Blooming is not about becoming someone else. It is about becoming more of who you already are.

In nature, a bloom does not rush. It doesn't compare itself to the flowers around it or question whether it is "ready." It responds to the right conditions—light, water, care, and time. Personal growth works the same way. We bloom when we create space for healing, learning, and self-trust.

Growth Often Begins Underground

Before anything visible happens, roots must form. In our lives, this stage often looks quiet—or even uncomfortable. It may involve letting go of old beliefs, unlearning patterns that no longer serve us, or sitting with uncertainty. Though unseen by others, this internal work is powerful. Roots create stability, resilience, and nourishment for what is to come.

If you've ever felt like nothing is happening, consider this: you may be strengthening your roots.

Blooming Requires Change, Not Perfection

Many of us wait to feel "ready" before we allow ourselves to grow. But blooming does not require perfection. It requires willingness. Willingness to try again. Willingness to stretch beyond familiar limits. Willingness to shed what no longer fits.

Growth can feel awkward. It can feel like outgrowing people, roles, or routines that once felt comfortable. That discomfort is not a sign of failure—it is evidence of transformation.



Becoming More Than You Were

To bloom is to expand. To speak when you once stayed silent. To rest when you once pushed through exhaustion. To choose yourself without guilt. Becoming more than you were doesn't mean abandoning your past; it means honoring it while allowing yourself to evolve.

Each season of life invites a new version of you. Some seasons are about planting. Others are about pruning. And some—when you least expect it—are about flowering boldly in your truth.

Give Yourself Permission to Bloom

You do not need anyone else's permission to grow. Your timing is your own. Your bloom will not look like anyone else's—and it isn't supposed to. What matters is that you continue to nurture yourself with patience, compassion, and courage.

Wherever you are right now, trust this:

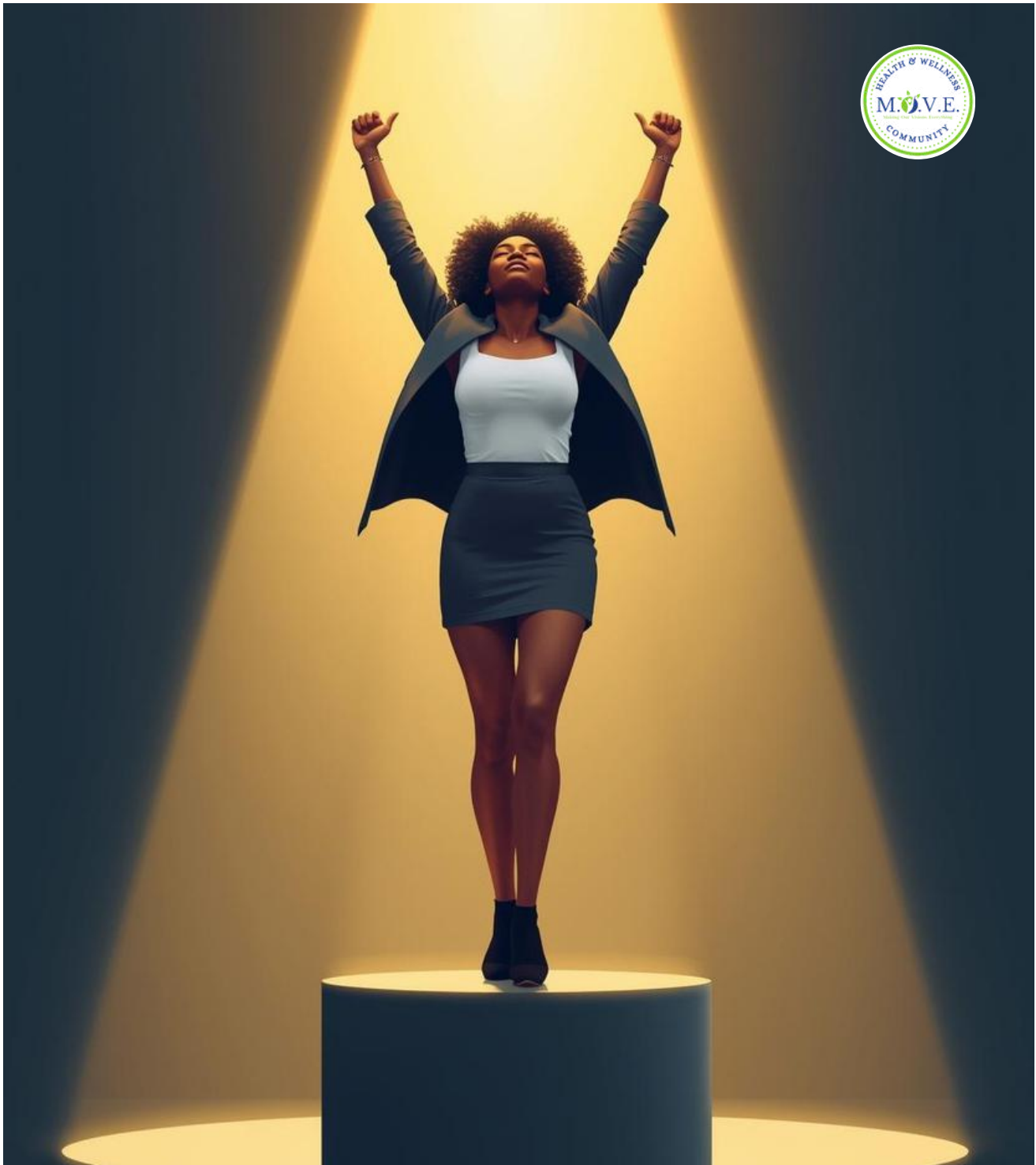
You are not stuck.

You are becoming.

And when the time is right, you will bloom.

BUILDING CONFIDENCE

Confidence is not about being perfect; it's about believing in your worth, trusting your abilities, and stepping into your life with courage.





Tiffany Richardson-Harrell is making history as Langley Speedway's first Black female NASCAR driver, breaking barriers as a disabled Navy veteran who competes with determination and heart. Supporting her on and off the track is Sonya Z. Phillips, Tiffany's social media manager and a dedicated member of her pit crew, proving that teamwork fuels every great race. Facing adversity each time she hits the track, Tiffany shows her daughter—and countless others—that with focus and faith, you can do anything you set your mind to.



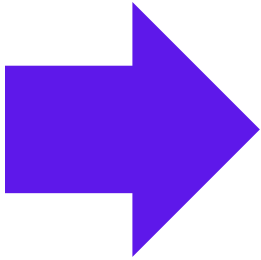
A promotional graphic for Tiffany's Fan Club. It features a photograph of Tiffany Richardson-Harrell in her racing suit standing next to her teal and purple race car. The car has the number 87 and a cartoon bear mascot. Text on the graphic includes 'NASCAR', 'TH MOTORSPTS', 'LARRY KING LAWS LANGLEY SPEEDWAY', and 'JOIN TIFFANY'S FAN CLUB'. Social media handles for Facebook (@TIFFANYHARRELLMOTORSPORTS), TikTok (@TIFFANY_CAR_87), and Instagram (@TIFFANYCAR87) are listed, along with a QR code.

A promotional graphic for Tiffany Richardson-Harrell. It features a photograph of her in her racing suit sitting in the driver's seat of her teal and purple race car. Text on the graphic includes 'NASCAR', 'TH MOTORSPTS', 'LARRY KING LAWS LANGLEY SPEEDWAY', and 'MEET TIFFANY RICHARDSON-HARRELL LANGLEY'S 1ST BLACK FEMALE NASCAR DRIVER'. Social media handles for Facebook (@TIFFANYHARRELLMOTORSPORTS), TikTok (@TIFFANY_CAR_87), and Instagram (@TIFFANYCAR87) are listed, along with a QR code.



RWHW&Y Programs

Improving Lives!



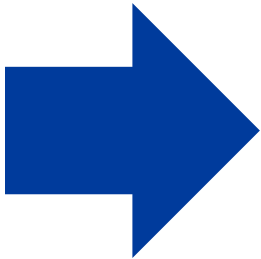
Invaluable Me!

Invaluable Me! is a private support group for women that encourages positive self-image and self-appreciation, helping people recognize their unique value and contributions to their lives and others.

Objective: To create a community where members can connect, share, and gain confidence and self-esteem to develop a positive self-image and self-appreciation.



Director, Carmen Crawley



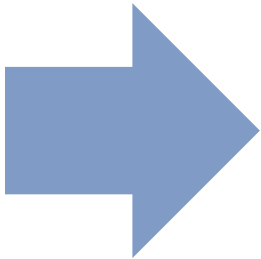
M.O.V.E. (Making Our Visions Everything)

M.O.V.E. is a health and wellness program.

Objective: To promote and improve the health and wellness of our members by encouraging them to adopt healthier habits through monthly challenges and information sharing.



Director, Carmen Crawley



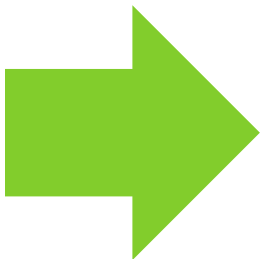
OWLs (Our Wise Ladies)

OWLs is a book club that encourages reading as a lifetime activity and gives members the tools they need to use literature to better their lives.

Objective: To foster a love for reading and lifelong learning among our members by providing engaging and thought-provoking books, ultimately contributing to personal growth, enhanced knowledge, and a deeper appreciation for literature.



Director, Paulene Fletcher



N.I.C.E. (Network, Inspire, Connect, Encourage)

N.I.C.E. is a youth program.

Objective: To help young people grow as individuals, gain confidence, and make a positive impact on society, we encourage, honor, and support their successes in many areas.



Director, LaKeissa Armour

Visit our website regularly, to stay updated on our events and activities: rwhwy.org

Women
are
invited
to join

DESIGN YOUR LIFE

Our 2026 Invaluable Me! Sister Circle Journey

In 2026, the *Designing Your Life Sister Circle* invites women to step into a year of reflection, intention, and growth. Rooted in the principles of *Designing Your Life: How to Build a Well-Lived, Joyful Life* and *The Designing Your Life Workbook*, this Sister Circle is not about fixing what's "broken," but about designing a life that truly fits who you are becoming.

Through *regular meetings*, guided discussions, and thoughtfully updated *workbooks*, participants will explore three transformative focus areas designed to support personal clarity and meaningful change.

The journey begins with *Finding Your Authentic Self*, where women are encouraged to reconnect with their values, strengths, and lived experiences. This phase creates space to quiet outside expectations and rediscover what feels true, aligned, and life-giving.

Next, the circle moves into *Breaking Free from Misery: A Woman's Guide to Reclaiming Joy & Purpose*. Using reflection and design thinking tools, participants examine patterns, beliefs, and habits that no longer serve them, while learning practical ways to redesign daily life with more ease, joy, and purpose.

The final focus, *Setting and Achieving Personal Goals*, helps women turn insight into action. With supportive accountability and creative exercises from the workbook, participants design goals that are realistic, flexible, and deeply connected to their values, goals that can grow as life changes.

At the heart of the *Designing Your Life Sister Circle* is *community*. This is a space where women are seen, heard, and encouraged, where wisdom is shared, progress is celebrated, and no one walks alone. Together, participants learn that a joyful, well-lived life isn't discovered by chance—it's designed, one thoughtful choice at a time.



Designing Your Life Sister Circle | 2026

A guided journey for women ready to live with clarity, joy, and purpose.

What to Expect:

- Regular Sister Circle meetings
- Guided discussions using *Designing Your Life*
- Interactive workbooks and reflection tools
- A supportive, encouraging sister community

Topics Include:

- Finding Your Authentic Self
- Breaking Free from Misery
- Setting and Achieving Personal Goals

Connect With Us:

- ✉ Email: crawley@rwhwy.net
- 🌐 Website: www.rwhwy.org
- 📺 Follow & Join: Real Women Helping Women & Youth

Because a well-lived life doesn't happen by accident—it's designed.

ARTIFICIAL



Invaluable Me! AI Sister Circle |

2026

INTELLIGENCE

Empowering women to confidently explore, understand, and use AI in everyday life.

What to Expect:

- Quarterly Sister Circle gatherings
- Beginner-friendly AI learning sessions
- Guided activities and practical tools
- A supportive, judgment-free sister community

Quarterly Topics:

- She Learns AI: The Beginner's Circle
- AI for Self-Care: Smarter Habits, Stronger Women
- Dollars, Data & Decisions: AI for Everyday Finance
- Tech-Savvy Sisters: Introduction to Coding

*Women
are
invited
to join*

We're Looking for Volunteers!

Are you passionate about AI, technology, or digital skills? We are seeking volunteers to teach or facilitate AI-focused sessions and help guide meaningful, accessible conversations for women at every level of experience.

Connect With Us:

✉ Email: crawley@rwhwy.net

🌐 Website: www.rwhwy.org

Because confidence grows when women learn together—and technology becomes a tool, not a barrier.

FAMILY VISION BOARD WORKSHOP

24
JAN
2026



A Real Women Helping Women & Youth Program

The N.I.C.E. Youth Vision Board Workshop is created for youth and their families to capture their dreams, set meaningful intentions, and map out future goals with clarity and confidence. Through guided, hands-on activities, participants will create a family vision board that reflects their aspirations and motivations for the year ahead. All supplies are provided, and families are welcome to bring their own. This supportive, creative experience strengthens relationships, builds a positive mindset, and leaves families inspired well beyond the workshop day..

***To ensure a quality experience, spaces for the N.I.C.E. Family Vision Board Workshop are limited. Please register early to secure your spot. Registrations will be accepted on a first-come, first-served basis until capacity is reached.**



FAMILY
INVITE



DATE: SATURDAY, JANUARY 24, 2026

TIME: 1:00 PM – 3:00 PM ET

LOCATION: ALICE J HAWTHORNE COMMUNITY CENTER

7775 MALONE STREET, DOUGLASVILLE, GA 30135

CREATE GOALS

VISION BOARD

GOALS
**STRENGTHEN
RELATIONSHIPS**

**REGISTER
NOW!**

M.O.V.E. FORWARD!

M A G A Z I N E



**Sponsored by M.O.V.E.,
A Real Women Helping
Women & Youth Program**

CONTRIBUTORS

- **Aniyah - Kouture Mink Lashes**
- **Deshia - January Challenge**
- **LaKeissa - N.I.C.E. Director**
- **Heart and Soul Wellness**
- **Shay - photo**
- **Sonya - Tiffany Harrell Motorsports**

Empower. Inspire. Advertise - For Free!

Have a story, business, or resource that uplifts women?

Submit your content to M.O.V.E. Forward! magazine by the 24th of each month for FREE advertisement opportunities.

✉ crawley@rwhwy.net

🌐 <https://rwhwy.org>