

April 2024

# M.O.V.E. Forward!

*with Life!*

Participate in our  
*Monthly  
Challenge*



**EmPOWerHer**

**REWARDS PROGRAM**



**M.O.V.E. FORWARD!**

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Ways to Make Our Visions  
Everything (M.O.V.E.ing) in 2024:  
Putting Wellness and Health First!

*Dr. Crawley*



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# April H2O Challenge



## 💧 April H2O Challenge: Hydrate for Health! 💧

*Hey everyone! April is the perfect time to kickstart a healthy habit: drinking more water! Join us in the April H2O Challenge, where we'll commit to staying hydrated and reaping the amazing benefits of H2O together.*

🌟 *The Challenge: Drink at least 8 glasses (64 ounces) of water every day throughout the month of April.*

### 📖 Why Participate?

- 1. Boost Your Energy: Proper hydration can help combat fatigue and keep you feeling energized throughout the day.*
- 2. Enhance Your Focus: Hydration is key for cognitive function. Stay sharp and focused by giving your brain the hydration it needs.*
- 3. Support Overall Health: Drinking enough water can aid digestion, promote healthy skin, and even help regulate body temperature.*
- 4. Feel Refreshed: Say goodbye to that midday slump! Hydration can help you feel refreshed and ready to tackle whatever comes your way.*

### 💧 How to Participate:

- 1. Set Your Goal: Aim for at least 8 glasses (64 ounces) of water per day. Adjust based on your activity level and personal needs.*
- 2. Stay Accountable: Share your progress, tips, and encouragement in our Slack community. Let's keep each other motivated!*
- 3. Get Creative: Infuse your water with fresh fruits, herbs, or try sparkling water for a refreshing twist. The options are endless!*
- 4. Listen to Your Body: Pay attention to your body's cues and drink water when you're thirsty. Let's prioritize self-care and hydration this April!*

### 🏆 Challenge Completion:

*Participants who successfully drink at least 8 glasses of water every day in April will not only enjoy the benefits of improved hydration but also earn the satisfaction of completing the challenge and taking a positive step towards a healthier lifestyle!*

*Are you ready to hydrate for health and conquer the April H2O Challenge? Let's raise our glasses (of water) and cheers to a month filled with hydration and vitality! 🍷🥂 #AprilH2OChallenge #HydrateForHealth*





All nine dimensions of wellness  
are crucial for good health.

Spiritual

Social

Emotional

Physical

Financial

Intellectual

Cultural

Environmental

Occupational



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# Embrace Spring Cleaning & Enhance the Nine Dimensions of Wellness

*love and joy*  
*Dr. Crawley*

The change from winter to spring is the perfect time to start spring cleaning. Spring cleaning has many health benefits beyond keeping your home clean. This annual ritual can improve all nine wellness dimensions, making life healthier and happier.

**Physical Wellness:** Sweeping, mopping, and decluttering improve strength, flexibility, and cardiovascular health during spring cleaning. Activities like these encourage an active lifestyle and improve physical health.

**Emotional Wellness:** Decluttering can improve your mood. Physical clutter removal can calm and relax, reducing stress and anxiety. Feeling accomplished and satisfied after organizing your space can boost your mood and emotional well-being.

**Intellectual Wellness:** Spring cleaning fosters creativity and problem-solving. From finding creative storage solutions to rearranging furniture for better functionality, cleaning and organizing boosts brainpower.

**Social Wellness:** Spring cleaning is not just for individuals. To build teamwork, involve family, friends, or roommates in cleaning. Collaboration improves social wellness by strengthening bonds and promoting social connectedness.

**Occupational Wellness:** A tidy workplace boosts productivity, focus, and job satisfaction. Decluttering your desk, filing documents, and organizing your workspace improves productivity and occupational wellness.

**Environmental Wellness:** Spring cleaning reduces waste, recycles unwanted items, and promotes sustainable living. Choose eco-friendly cleaning products and declutter responsibly to reduce your environmental impact and help the planet.

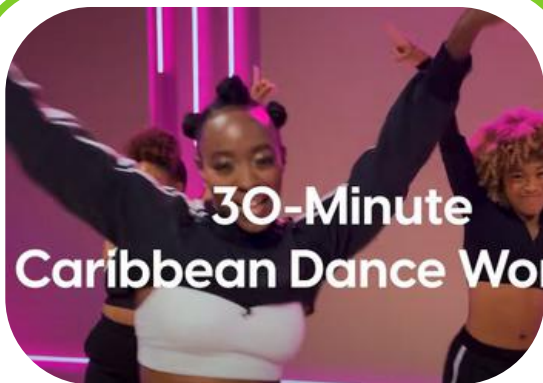
**Spiritual Wellness:** Decluttering allows for self-reflection and renewal. Create a sacred space for meditation, mindfulness, or prayer during spring cleaning to connect with yourself and the world.

**Financial Wellness:** Selling or donating unwanted items can declutter and boost your finances. Spring cleaning allows you to evaluate your spending, budget, and financial goals, improving your financial health.

**Cultural Wellness:** Spring cleaning as a cultural tradition fosters heritage and belonging. Spring cleaning rituals strengthen cultural identity and wellness, whether they are family or community traditions.

In conclusion, spring cleaning is a holistic wellness practice that benefits mind, body, and spirit. By practicing this annual ritual with intention and mindfulness, you can improve all nine wellness dimensions and live a balanced, harmonious, and vital life. Roll up your sleeves, grab your cleaning supplies, and let spring cleaning transform your life.





## Caribbean Dance

A 30-minute dance workout to boost mood and energy.

**Cardio Dance**



## Motown Classics

Moore2Health  
Low Impact

**Walking Workout**

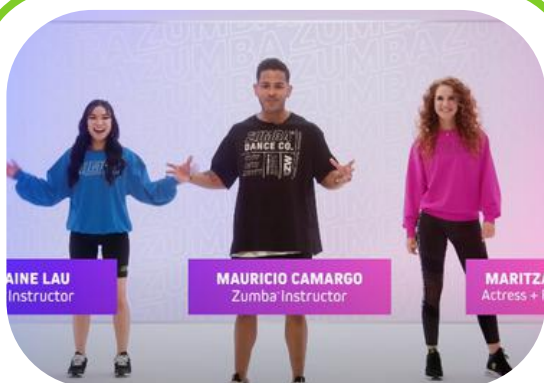
Some of our March M.O.V.E.ing videos.

Click the photo to open the video.

Suggest new videos.

Volunteer to lead a session.

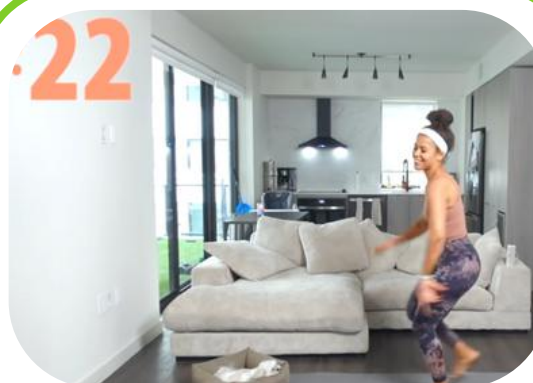
Always consult your physician before beginning any exercise program.



## Zumba

Beginners Mini-Workout

**Latin Dance**



## GrowwithJo

A 57-minute fun workout, low impact, no equipment

**3-Mile Full Body**



# EmPOWERHER!

## A M.O.V.E. Rewards Program



M.O.V.E. is introducing a commitment to self-improvement reward program for women participating in group activities for various durations as a way to acknowledge and incentivize long-term engagement and foster a sense of community. Below are the details about the tiered loyalty reward program.

### Tiers

Our tiers are designed to reward members who have continuously participated with our M.O.V.E. Slack channel.

When selecting fitness activities, it's essential to choose ones that align with your current fitness level. Gradually work your way up to higher intensity exercises as your fitness improves. It's critical to listen to your body, maintain proper form, and avoid injuries.

Before beginning any exercise routine, it's essential to consult with your physician. If you have specific fitness goals or limitations, a fitness professional can provide customized guidance to help you reach your goals safely and effectively.



**Explorer**  
3 months



**Adventurer**  
6 months



**Trailblazer**  
9 months



**Pioneer**  
12 months

## M.O.V.E. New Rewards Program!



**M.O.V.E.ment  
is the key to  
being active.**

**Dance**

**Kickball**

**Cycle**

**Dodge Ball**

**Soccer**

**Run  
or  
Jog**



**Weights**



**Walk**

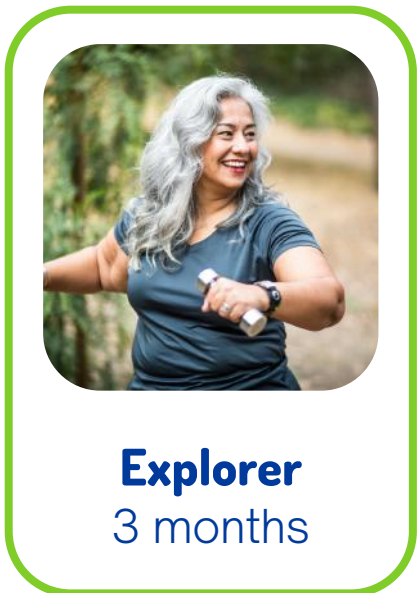




# EmPOWERHER!

## A M.O.V.E. Rewards Program

### Our Explorers



**Explorer**  
3 months



## Easy Fruit Popsicle Snack!



### Materials:

Popsicle Molds

Popsicle Sticks

Knife

Blender

Options are unlimited, a few ingredients are listed below:

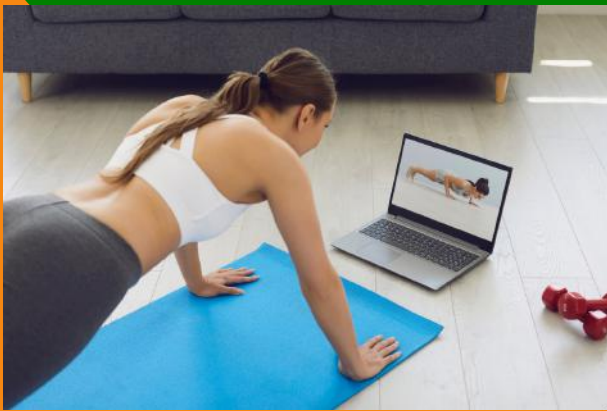
- Fresh Fruit (Strawberries, Blueberries, Kiwi...)
- Lemon, Orange or Lime Juice keeps the colors vivid
- Honey, Agave, Sugar help sweeten and prevents ice crystals from forming
- Salt can balance the flavors

### Directions:

- Cut your fruit into small pieces to get it ready.
- Get the rest of the ingredients together, like salt, lemon juice, honey, or any other sweetener you like.
- Blend, Puree, or Mix it up until it is smooth.
- Put the mixture into molds and freeze them until they are ready.



# HOW TO STAY ACTIVE



at HOME!



*Taking care of YOU is important!*



## allergies!



Pollen is a fine powder produced by flowering plants during their reproductive process. It contains the male reproductive cells of the plant and is essential for fertilizing the plant's female reproductive organs, leading to the production of seeds.

Allergies to pollen, often referred to as hay fever or allergic rhinitis, occur when the immune system overreacts to pollen particles as if they were harmful invaders. When a person with pollen allergies inhales pollen particles, their immune system mistakenly identifies the pollen as a threat and produces antibodies to attack it. This triggers the release of chemicals such as histamine, which leads to the symptoms commonly associated with allergies, including:

1. Sneezing: The body expels allergens from the nose.
2. Runny or stuffy nose: Nasal inflammation and mucus production.
3. Itchy, watery eyes: Histamine release causes eye irritation and inflammation.
4. Itching or irritation in the throat or ears.
5. Coughing or wheezing: Pollen allergies can worsen asthma symptoms.

Although pollen allergies can be bothersome and uncomfortable, they are generally not life-threatening. However, for some individuals, severe allergies can significantly impact quality of life and may require medical treatment, such as antihistamines, decongestants, nasal corticosteroids, or allergy shots (immunotherapy), to manage symptoms effectively.





**Spring**

**gardening!**

## **We all need help sometimes**

If you are planning to plant a garden this year, please share photos, any insights that may help others in our #move-health-and-wellness-activities channel.



# Jalisa Hardy



## UNLOCK THE SECRET TO FORGIVENESS

Enter your information below to get instant access to my guide.

YES, SEND ME MORE INFO!

**UNLOCK THIS SECRET**

## FREE FIVE DAY FORGIVENESS CHALLENGE



with Minister Jalisa Hardy, HHP  
THE GOLDEN CHILD

**Meet Jalisa “The Golden Child” a Minister, Author, Speaker, Spiritual Alchemist, Holistic Healer, & Human Design Expert Who's Empowering Women to *Freedom and Living Abundantly***

## INTRODUCTION AND CHAPTER 1 PREVIEW

Enter your information below to get instant access to the book preview.

YES, ADD ME TO YOUR EMAIL LIST!

**UNLOCK THE PREVIEW**





# Elevate Your Space with @champagne.smoke

Are you searching for that one-of-a-kind piece to complete your space? Look no further than @champagne.smoke commissioned art. Each piece is meticulously crafted by a talented artist, bringing life and character to any room. From abstract masterpieces to breathtaking scenery, the collection offers something for every discerning taste.

"Disco Butterfly" -2024



"Lotus Dynasty" -2022



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Commission Inquiries: [artistchampagnesmoke@gmail.com](mailto:artistchampagnesmoke@gmail.com)



# INNOVANOIRE!

## supernovas

INNOVANOIRE  
WELCOME



A philanthropic initiative for women of color entrepreneurs.

Sponsored by iDEntity



## Welcome to Innovanoire!

CONTACT OUR  
COMMUNITY MANAGER:

914-246-1121

surayya@ideintity.org

### About iDEntity:

iDEntity is a nonprofit bringing diversity, equity, and inclusion to the startup ecosystem. Planet-B25 is an iDEntity-sponsored initiative.

## Supernovas

Hey everyone, my name is Surayya Walters, and I am the founder of iDEntity and Innovanoire. I will tell you a little secret: *I didn't start this group because I'm a perfect entrepreneur with a stellar success story.* I started this group because I was overwhelmed with how my identities impacted my experience as a woman of color who started my first organization at 21 years old. I had to get used to rejection, false starts, and battling imposter syndrome along the way. **Was I good enough to do this?** I remember meeting with a former mentor of mine who told me that because I had "three strikes" against me: I was young, a woman, and Black; my entrepreneurial efforts would always be an uphill battle. *Today, I know that her statement - while well-intentioned - is false.* I lean on my identity as a source of strength, not a burden. I want to encourage those with similar identities to do the same. **I have succeeded because I am young, a woman, and Black, not in spite of it.**

I started Innovanoire because I envision a planet where young women of color can B - beautiful, bold, brilliant, badass, boundless, even the other B-word (if they'd like). I began thinking about how many powerful adjectives start with the letter B - and how I want my leadership to embody them all. That's what I want for US - to live on our own terms, build the companies of our dreams, and be just as bold as we want. That's what this community is for.

Welcome, everyone! Let's do this thing!

We're all in this together.

Sincerely,

Surayya Walters

Founder of iDEntity and Innovanoire



www.ideintity.org





# The Podcast For Your Career, The People, And The Culture

Join the growing movement of purposeful individuals who are re-defining professionalism on their own terms.

The Artist's Way: Multipotentiality, Adulting, and The Path to A Meaningful 20-Something Life with Milena Beretsko



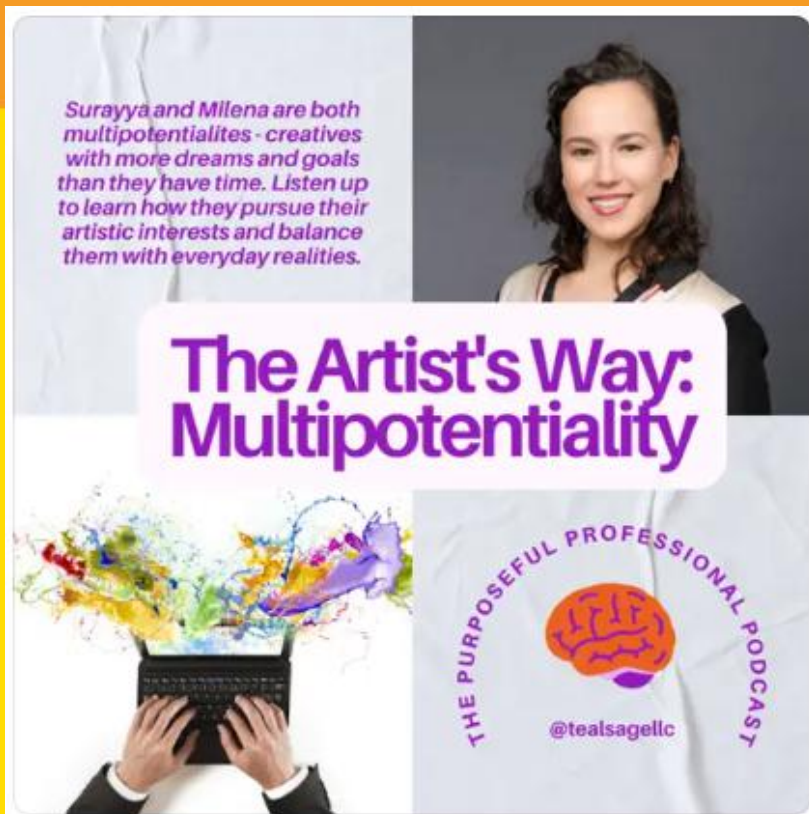
SHOW

## The Purposeful Professional

LISTEN ON  Spotify

### Episode Description

How do artists see the world? How do artists balance their interests with more common ways of living, being, and working? Milena Beretsko is an artist and a researcher - a multipotentialite in every sense of the word. Listen as Milena and Surayya bond over their shared multipotentiality, discuss the process it takes to write a book, and have a friendly debate on whether art can be done quickly or whether it great art takes a more seasoned approach.







A Real Women Helping Women & Youth Program

The Preteen (9-12 years of age) workshop is scheduled Saturday, May 11. The participants will be discussing emotions. Click on the emotions to RSVP.



The attendees of the February, Self-love (maintaining personal hygiene) session rated the session as 4.8 out of 5.0 and stated they are eager to attend the next session!



Volunteers  
needed

★ **\*\*Help Us Make a Difference! Volunteer for Fundraising Today!\*\*** ★

We are reaching out because we believe in the power of community and the impact we can make when we come together for a common cause.

Real Women Helping Women and Youth (RWHW&Y) is actively tackling systemic barriers faced by women by developing targeted programs aimed at fostering an understanding and celebration of their individuality. Additionally, we are dedicated to cultivating leadership opportunities for our youth, empowering them to thrive in positions of influence. However, we can't do it alone - we need your help!

We are currently seeking and planning fundraising activities that will help fund our activities. This is where you come in! We're seeking enthusiastic volunteers to join our fundraising team and help us reach our goals.

As a volunteer, you'll have the opportunity to share ideas, develop leadership skills, become involved in grant writing and fundraising events. Whether you're passionate about event planning, social media outreach, or connecting with potential donors, there's a role for you on our team.

Not only will you be making a difference in the lives of those we serve, but you'll also gain valuable experience, make meaningful connections, and be part of something truly special.

If you're interested in volunteering or learning more about how you can get involved, please contact me using the contact information below.

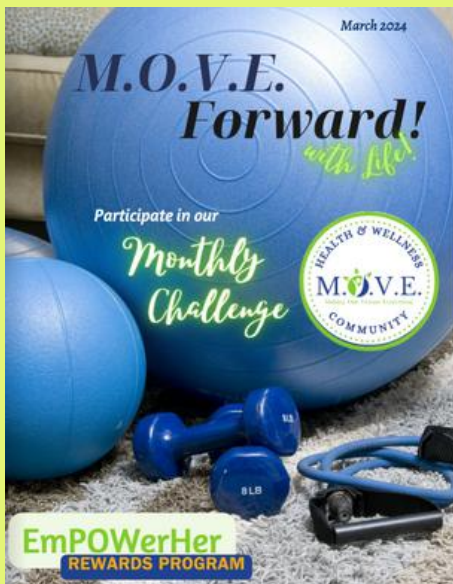
Thank you for considering this opportunity to make a difference. Your support means the world to us, and we can't wait to welcome you to our fundraising team!

Warm regards,





Our magazine showcases a health-conscious theme with a specific interest in articles that center on enhancing women's health and wellness. Topics of interest include fitness, exercise routines, relationships, fashion trends, mental well-being, menopause, infertility, body positivity, beauty products, financial advice, nutritional supplements, skincare and haircare routines, household cleaning tips, poetry, recipes, arts and crafts, travel, and other innovative ideas aimed at enriching the lives of women.



Do not miss issues. Email [realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com) to join our magazine distribution list.

Visit our website to browse previous issues of M.O.V.E. Forward! by clicking on the photo above. Submissions are due by the 24th of the month.





# M.O.V.E. Forward! Magazine

<p><b>M.O.V.E. FORWARD!</b></p> <p><i>Heart Healthy Month</i></p> <p>We appreciate you taking the time to peruse our new monthly M.O.V.E. Forward magazine; it contains articles, announcements, and topics contributed by members, all with the intention of enhancing the health and well-being of our M.O.V.E. members.</p>	<p><b>M.O.V.E. FORWARD!</b></p> <p><i>National Nutrition Month</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	
<p>Issue 4 April 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>Let's get planting!</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	<p>Issue 5 May 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>en mental health!</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	<p>Issue 6 June 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>en brain awareness</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>
<p>Issue 8 August 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>focus on family!</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	<p>Issue 9 September 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>focus on learning!</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	
<p>Issue 10 October 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>focus on Autumn!</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	<p>Issue 11 November 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>SO VERY thankful INCREDIBLY grateful UNBELIEVABLY blessed</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>	<p>Issue 12 December 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>hello December</i></p> <p>We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.</p>

Do not miss issues. Email [realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com) to join our magazine distribution list.

Visit our website to browse previous issues of M.O.V.E. Forward! by clicking on the photo above. Submissions are due by the 24th of the month.





RWHW&Y is a 501(c)(3) nonprofit organization that operates five programs specifically designed to enhance the well-being of women and youth.

## Our Wise Ladies (O.W.L.s) is a book club



O.W.L.s are reading *What Lies in the Woods* by Kate Alice Marshall

Kate Alice Marshall's *What Lies in the Woods* is a thrilling novel about friendship, secrets, betrayal, and lies - and having the courage to face the past.

Join our Slack community for more information on the next book selection.

N.I.C.E. held the first meetup with preteens (ages 9-12) and discussed Colleges at Lithia Springs High School with teens (ages 13-18). Reach out to LaKeissa Armour at [Armour@rwhwy.net](mailto:Armour@rwhwy.net) if you have a request..



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



M.O.V.E. is designed to support women in their journey towards better mental and physical health. Members can participate in daily challenges and share helpful tips on women's health, mindfulness, and mental health. However, it's important to note that all content is posted by members, and you should always consult with your physician before making any changes to your healthcare regimen. It's recommended that you verify any information obtained from this group with other sources, and discuss all health and wellness information with your doctor.

RWHW encourages women to broaden their personal and professional networks while also cultivating a strong sense of community, and service. Members of the Slack community will concentrate on three pillars: 1. Socializing, 2. Networking, and 3. Volunteering. Visit our Slack community for information about RWHW events and activities.



Our Invaluable Me! Vulnerability Sister Circle will be finishing *She's Still There*, by Crsystal Evans Hurst. A new Sister Circle will be announced by the end of April as a private support group helping women recognize their unique value and contributions to their lives and others. Women are invited to join our Slack community to join Invaluable Me! and participate in free events and activities.



# Contributors

Thank you

- *Jalisa, Free Five Day Forgiveness Challenge*
- *Khaatia, Champagne Smoke*
- *Latanya, Heart & Soul Wellness Solutions*
- *Surayya, The Purposeful Podcast and Innovanoire*

**Advertising in M.O.V.E. Forward! magazine is free. Submissions must be educational, informative, uplifting, and positively focused on enhancing the lives of women.**

## Contact Us:

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[crawley@rwhwy.net](mailto:crawley@rwhwy.net)

[rwhwy.org](http://rwhwy.org)

**Real Women Helping Women & Youth supports M.O.V.E. Forward! magazine and encourages women to join our Slack community.**

**Mission: We aim to empower women and youth by providing them with the tools, skills, and opportunities to succeed.**

**Vision: We envision a future where the limitless potential within every woman and young person is not just realized but celebrated, contributing to a more empowered, equitable, and thriving community.**





**I AM STRONG  
I AM CAPABLE  
I AM RESILIENT**

*I am  
enough*

## **M.O.V.E.**

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A Real Women Helping Women & Youth Program

[realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com)

[rwhwy.org](http://rwhwy.org)

