

May 2024

# M.O.V.E. Forward!

*with Life!*



**EmPOWerHer**

**REWARDS PROGRAM**

Participate in our

*Monthly  
Challenge*



**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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# May Challenge

## Eat Your Veggies for Improved Mental Health



May is Mental Health Awareness Month, and M.O.V.E. encourages you to eat more vegetables to improve your mental health. Many people are concerned about maintaining their mental health in today's fast-paced world. While therapy and medication are important parts of mental health care, there is another aspect that is frequently overlooked: nutrition. Specifically, the role of vegetables in promoting mental health.

### May Challenge: Eat your veggies for improved health!

Join us in the May veggies challenge, where we'll commit to eat our veggies.

#### The Challenge:

Post the names of the veggies you ate daily.

- Members who participate during the week will be entered into a random drawing for \$25.
- Everyone who participated during the month will be entered into a random drawing for a juicer machine!



A Real Women Helping Women & Youth Program

\*You must be a member of our Slack community to be eligible for prizes.



# Dream

love and joy  
Dr. Charley

Let your dreams be the stars that guide you through the night, for in the darkness lies the strength of your journey.

With every step forward, your essence illuminates the universe, painting the sky with hues of resilience and determination.

Embrace your brilliance, for in the tapestry of your dreams, you are the masterpiece—a beacon of empowerment, courage, and boundless possibility.



**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](#)





# Consider Donating Today!

There are several ways to support  
Real Women Helping Women & Youth

Tax ID: 82-0656580

**Corporate Matching or United Way Giving:** If your company participates in either, choose Real Women Helping Women & Youth, and your company will match your donation.

**Facebook Birthday Fundraiser:** Facebook may offer to create a birthday fundraiser in your News Feed prior to your birthday. Select Real Women Helping Women & Youth to notify and ask your friends to donate to RWHW&Y in honor of your birthday!

Your donation will ensure that women and youth continue to have access to our free educational experiences, programming, and community network. 100% of the proceeds are spent on our programs.

Send Your Donation via PayPal



Send Your Donation via Cashapp



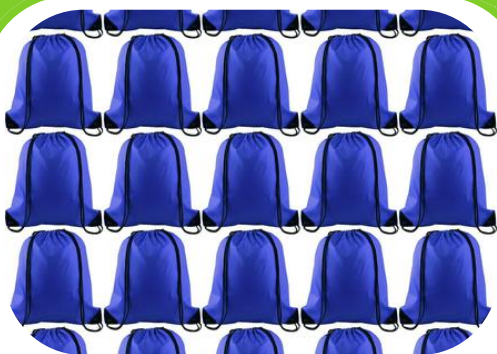
Send Your Donation via Zelle to  
realwomenhelpingwomen@gmail.com



write to  
HEAL

Books & Journals

*So Grateful  
for Your  
Support!*



Youth Swag Bags

YOUR  
DONATION  
MAKES A  
DIFFERENCE!

XOXO



Health Incentives





# Orange Creamsicle Protein Shake or Ice Cream Recipe!



### Materials:

- **Blender or Ice Cream Maker**
- **Premiere Protein Drink (vanilla)**
- **Crush Orange (the sugar free option is lower calorie/points option)**
- **Reddi Wip (zero sugar is lower calorie/point option)**
- **Ice**

### Directions:

- **Add Premier Protein, squirt in some of the orange flavoring, add ice and mix until ice is crushed and blended.**
- **Pour into a glass and top with Fat-Free Whipped Topping for a shake or ice cream maker for ice cream.**

### Options :

- **Freeze and make ice cream**
- **Add fresh fruit (strawberries, mandarins, pineapples...)**

It is only 3 Weight Watchers Points for this shake or ice cream that tastes lgreat.

# Expressive Writing & Movement



May is Mental Health Awareness Month and M.O.V.E. encourages you to embark on a journey of creative exploration and self-discovery by combining writing and movement and unlock the boundless potential of your imagination and expression!

M.O.V.E. encourages you to explore the powerful connection between expressive writing and movement, using both mediums to delve into your innermost thoughts, dreams, and aspirations. Through a combination of expressive writing exercises and movement exploration, you'll tap into your creativity, gain insight into your desires, and express yourself authentically through the art of movement improvisation or dance.

## Suggestions:

1. **Set One Health Intention:** Whether it's finding clarity, *m.o.v.e.*ing more, joining our Zoom workouts, unleashing creativity by starting or continuing a hobby, or simply enjoying self-expression, set one healthy intention that resonates with you.
2. **Write Freely:** Engage in daily creative writing exercises to explore your inner thoughts and desires. Write without judgment, allowing your imagination to flow.
3. **Movement Inspiration:** Pair your writing with movement sessions. Let your words inspire your movements, expressing yourself authentically through your body and focusing on sensations and emotions evoked by your movements.
4. **Share Expressions:** Reflect on the connections between your writing and movement, noticing how one influences the other. **Feel free to post daily about your experience, feelings, or share your writing and movement explorations in our Slack channel.**
5. **Celebrate:** Acknowledge your growth and creativity throughout the challenge, celebrating the beauty of self-expression and transformation.





# mental health! mental health!

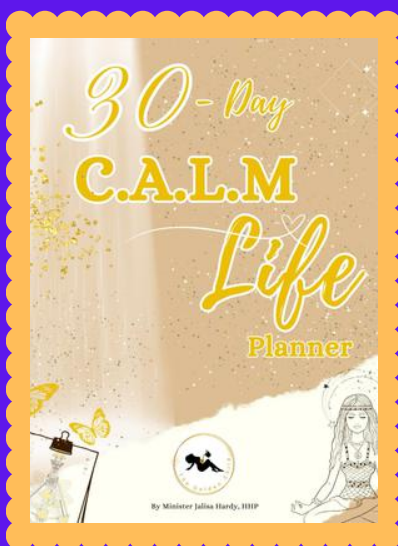
Writing is a powerful tool for improving mental health by promoting self-expression, clarifying thoughts, facilitating emotional release, problem-solving, stress reduction, self-awareness, enhanced mood, and validation and affirmation. It allows individuals to express their thoughts, feelings, and emotions in a safe and private way, providing an outlet for processing experiences and releasing pent-up emotions. Writing helps in clarifying thoughts, leading to a better understanding of one's experiences and challenges, reducing confusion and anxiety. It also serves as a cathartic release, allowing individuals to unload burdensome emotions onto the page, providing relief and a sense of lightness.

Regular writing encourages self-reflection and introspection, leading to greater self-awareness and identifying patterns, triggers, and areas for personal growth. Writing about positive experiences, gratitude, or aspirations can boost mood and cultivate a sense of happiness and contentment.

Start writing and M.O.V.E.ing today!



30 Day C.A.L.M Life Planner: Take Your Life and Mind From Chaos to C.A.L.M.



Embark on a journey of self-discovery and spiritual alignment with the 30-Day C.A.L.M Life Planner. This unique day-by-day guide is designed to help you connect with your higher power, realign with your true self as revealed by Human Design, and transform your life through mindful adjustments. Each page is thoughtfully crafted to facilitate introspection and growth, encouraging you to Check in with God, Ask for support, Look at what's working, and Make the necessary changes to live a life of authenticity and purpose. Whether you're seeking deeper spiritual connection or a clearer understanding of your personal design, this planner is your companion towards a more harmonious and fulfilled existence.

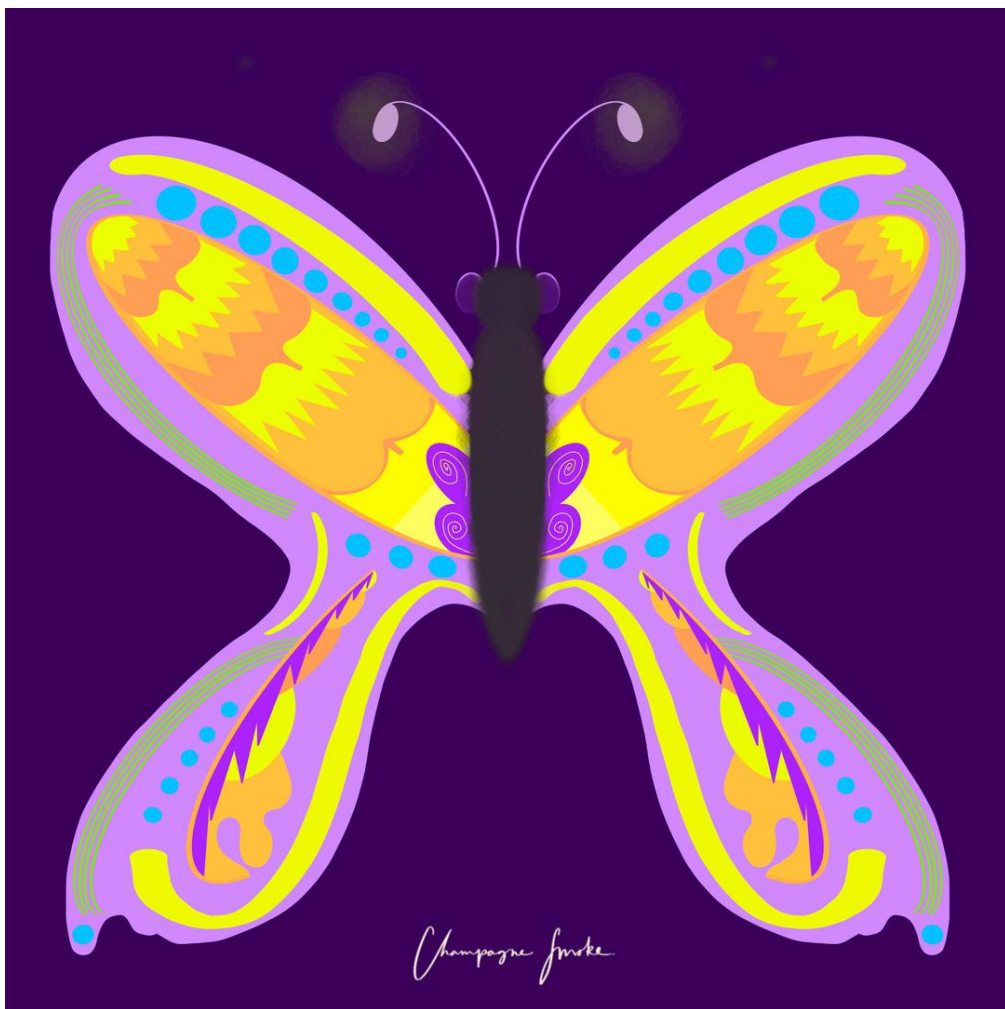
# Elevate Your Space with @champagne.smoke

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.

## "Dahlia Boom" -2024



CHAMPAGNE.SMOKE



Elevate your space with art that speaks to your soul. Follow me on Instagram @champagne.smoke to explore my latest creations.

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



Embodiment and leadership mentor showing you new pathways to leverage your divine feminine energy to **CREATE** more impact & more income grounded in the power of your WOMB.

I HOLD SPACE FOR YOU

“Your womb is not just a place to give birth to a baby; it is a place and a state of being that gives birth to you, that gives birth to new realities, that holds a power of profound transformation for you and for those you are called to serve.” — Fiorella Amado @joyful.latina

## Feminine Embodiment & Leadership Mentor

LET'S CHAT

During our 30 minute call, we'll dive deep into your desires, challenges, and dreams. This is a safe and sacred space for you to share openly and honestly, without judgment.

Together, we'll explore how my offerings can support you in achieving your goals and living a life aligned with your deepest desires.

This call is an opportunity for us to get to know each other and see if we're a good fit to work together. There's no pressure or obligation – just a chance to explore the possibilities and see if my approach resonates with you.

I am in Joyful Service guiding women like you on a journey of self-discovery, transformation and empowerment.

Whether you're seeking to fully activate your divine feminine energy, release scarcity tales from your tissues, or step into your leadership potential, I'm here to walk alongside you every step of the way.



Discover the power of my work and what I can do for you

BOOK A 1:1 SESSION





Schedule now!

## FREE Session

Click to schedule a  
FREE 15 mins coaching  
session with me.



## About Dr. Sarah

I am a Family Nurse Practitioner and a Health Coach. I have over 19 years of combined experience in Cardiology, Internal medicine, Gastroenterology, and Mental health.

I am passionate about health, wellness, and lifestyle medicine. My goal is to equip my clients with the tools and knowledge needed to make sustainable healthy lifestyle changes.

*I look forward to working with you!*

*Hi, I'm Sarah!*

I am a Family Nurse Practitioner and a Health Coach. I have over 19 years of combined experience in Cardiology, Internal medicine, Gastroenterology, and Mental health. I am passionate about health, wellness, and lifestyle medicine.

I am a wife and a mom to 2 lovely children.

My goal is to equip my clients with the tools and knowledge needed to make sustainable healthy lifestyle changes.

We all want to be healthy, which means having more energy, feeling good about our body, and living our best life.

I am a trained health coach with a focus on lifestyle medicine. I help people improve their health, lose weight, and feel more confident by empowering them with the skills and knowledge to make positive behavioral changes. My goal is to guide you to be the best version of yourself.

I look forward to working with you!

**I was busy, stressed, overwhelmed, and was struggling to find balance between my career and family life.**



The Thriving Woman Project

# The Thriving Women Project

## HERE'S HOW IT WORKS.....

The Thriving Woman Project offers weekly private coaching sessions online via Zoom.

Each week, I will guide you through a new module that explores a different aspect of holistic health and wellness.

You will also have access to workbooks and resources to help you implement the lifestyle changes we discuss and guide your transformation.

I will provide you with all the necessary tools and strategies you need to become the healthiest version of yourself, and I will be right by your side, guiding you every step of the way.

Everything is taken care of.

The comprehensive wellness coaching program to transform your mind and body.

Are you ready to feel inspired and empowered and take care of your body and soul?

## DOES THIS SOUND FAMILIAR...

- You're not happy with your weight and struggle to lose the extra pounds
- You feel overweight, tired, stressed, overwhelmed
- You are trying to make healthy food choices but are overwhelmed by the conflicting information out there.
- Confused on how to get started but scared to fail again
- You're done with restrictive diets that make you feel like you're starving
- You know it's time to make you a priority...but you don't know where to start
- You desperately want to improve your health and be full of energy
- You're concerned about developing health problems if you continue on this path

## By the end of this program, you will...

- feel excited every day that you are finally achieving your weight loss goal.
- feel calmer, happier, and more in tune with yourself.
- feel more self-confident.
- know exactly how to eat to easily maintain your dream weight for the long term.
- feel and look more radiant than ever before.
- have transformed your daily routines to support the best possible version of yourself.
- know that you have made changes to help you prevent disease and extend your life.

## IT'S TIME TO EMBRACE A HEALTHIER YOU

I INVITE YOU TO EMBARK ON A TRANSFORMATIVE WELLNESS JOURNEY

Let's talk about whether this program is a good fit for you!

[BOOK A DISCOVERY CALL](#)



# healing 365

IT'S AN EVERYDAY THING



## Hi, I'm Tadzia Lee!

After years of journaling and speaking about sharing something to help others have a good experience with their healing journey, I started Healing365. From a young age, I found journaling to be one of the best ways to communicate when I could not comprehend my emotions and to understand them and myself. I find beauty in the idea that healing is an everyday thing we will all continue to experience, not a destination. Using tools like journaling along the way can change our trajectory for the better.



Daily Digital Wellness Planner  
\$8.75 USD



Sold out  
Self-Discovery Healing Journal  
\$20.00 USD



Weekly Digital Planner  
\$0.00 USD

Healing365 is a wellness brand passionately dedicated to encouraging holistic healing, well-being, and personal development through its range of guided journals and self-care items.

## Blog Posts

### Understanding Child Behaviors and Healing Your ...

...

MARCH 3, 2024

As we all continue or start our healing journey, we may uncover habits, mindsets, and attitudes towards things we carry into our adult years from our childhood. Our childhood. Some...

### Reflecting on 2023 for 2024 Goals

DECEMBER 18, 2023

The new year of 2024 is around the corner, and as we all know, everyone is setting their New Year resolutions and goals for what they want to achieve...



### 10 Ways to Practice Self Love During Valentine'...

JANUARY 19, 2024

Self Love is the Best Love We are entering the season of love, with Valentine's Day around the corner. As you know, this holiday revolves around expressions of love for...



# UNLOCKING YOUR CHILD'S POTENTIAL WITH HUMAN DESIGN

Jalisa Hardy

Do you ever feel like you're struggling to understand your children on a deeper level? Are you looking for a way to step outside your comfort zone and enhance your connection with them? Human Design may just be the answer you're looking for.

By delving into the world of Human Design, you can uncover a whole new perspective on your children's personalities and unique traits. Human Design provides valuable insights into their innate abilities, strengths, and potential challenges, guiding you in supporting them to thrive in life.

At our website, you can easily obtain your child's very own Human Design chart and 15-page report for free. This report reveals the 9 Super Powers of your child, focusing on the openness or definition of their 9 centers. Each center plays a crucial role in shaping your child's characteristics and behaviors. It also gives parenting tips for each center.



Let's take a closer look at the significance of each center:

1. The Identity Center: Influences self-worth and self-esteem.
2. The Emotional Center: Affects emotional expression and stability.
3. The Root Center: Governs stress, adrenaline, and energy levels.
4. The Sacral Center: Drives vitality, creativity, and life force.
5. The Solar Plexus Center: Shapes emotional depth and intuition.
6. The Heart Center: Guides love, courage, and self-expression.
7. The Throat Center: Controls communication and manifestation.
8. The Ajna Center: Manages decision-making and mental clarity.
9. The Crown Center: Connects with higher consciousness and inspiration.

By understanding the dynamics of each center, you'll gain valuable insights into your child's behavioral patterns and preferences, empowering you to nurture their growth effectively.

For a more comprehensive understanding of Human Design principles, make sure to check out our previous blog post on the subject [insert link]. It serves as a great foundation for exploring the transformative power of Human Design in enhancing your relationships and self-awareness.

Take the first step towards unlocking your child's potential with Human Design today. Visit our website to get their personalized Human Design Chart and report to discover the endless possibilities that lie within each of their 9 Super Powers.

With love and light,  
Jalisa



# 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.

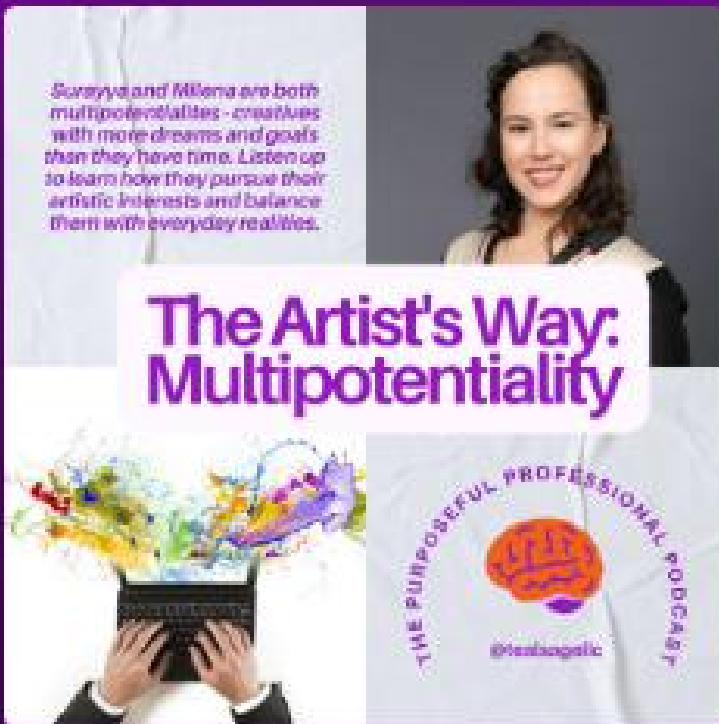
The Artist's Way: Multipotentiality, Adulting, and The Path to A Meaningful 20-Something Life with Milena Beretsko



SHOW

## The Purposeful Professional

LISTEN ON  Spotify

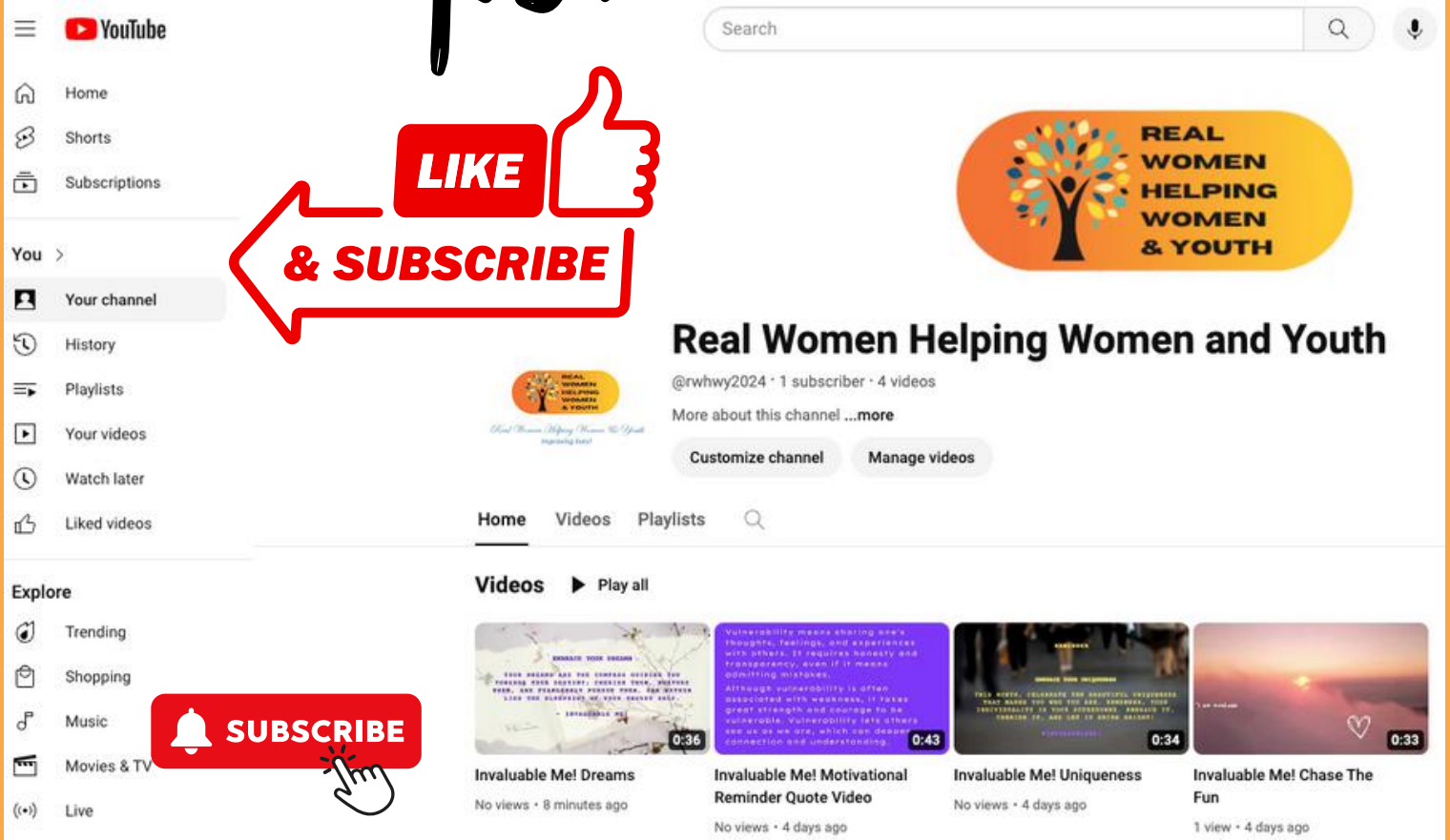


### Episode Description

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.

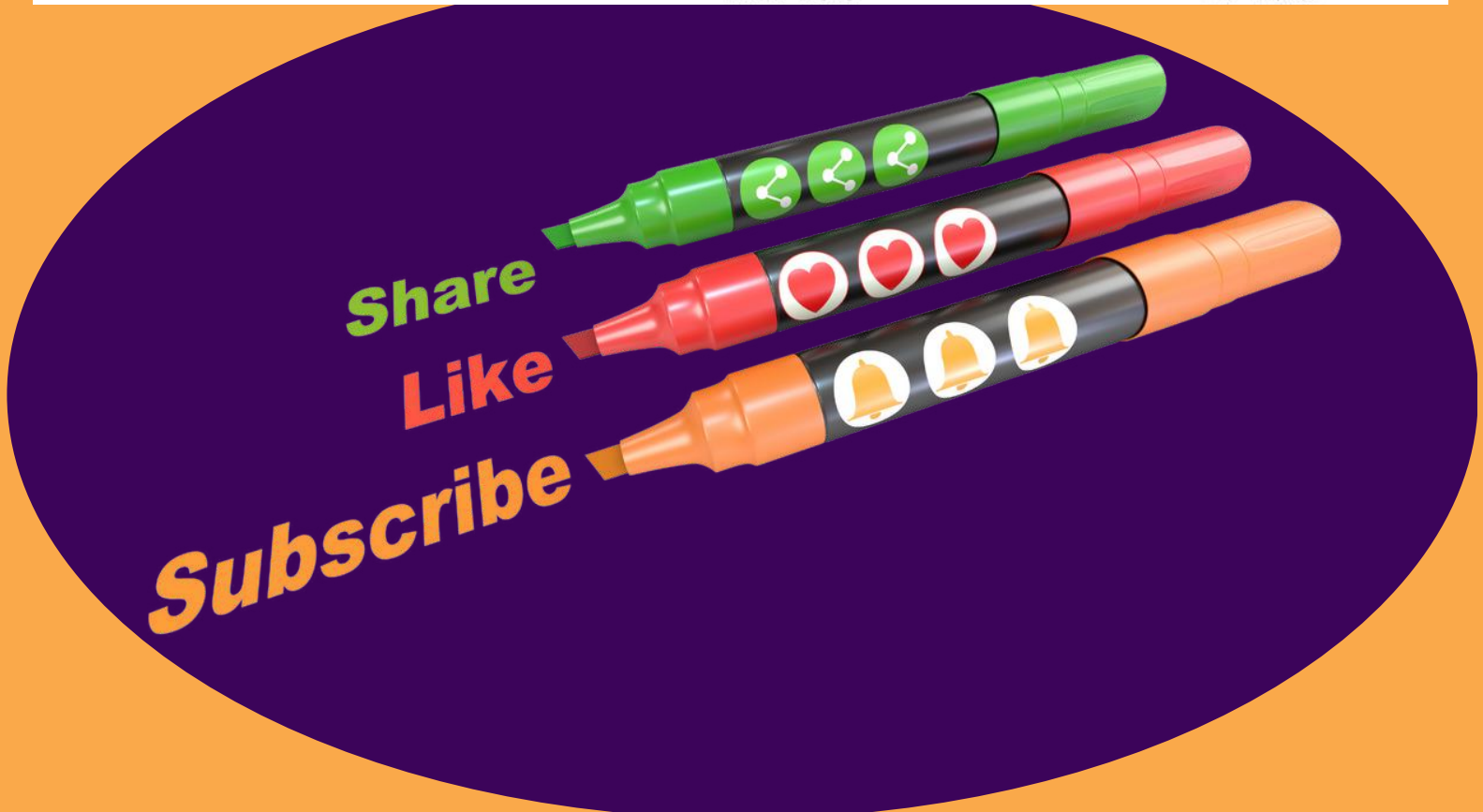


# Visit Our **NEW!** YouTube Channel!



**LIKE**   
**& SUBSCRIBE**

 **SUBSCRIBE**  



A Real Women Helping Women & Youth Program

**The Preteen (9-12 years of age) workshop is scheduled Saturday, May 18, from 11-12:30 Eastern. 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

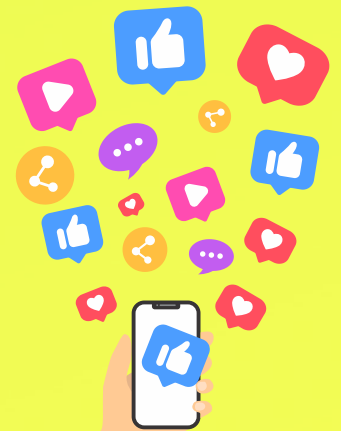
**Help Us Make a Difference!**

We're reaching out to you because we deeply believe in the strength of community and the incredible impact we can achieve when we unite for a common cause. RHW&Y on the lookout for passionate volunteers to join our dynamic team.

Currently, we're seeking volunteers for the following roles:

**1. FUNdraisers:** Are you passionate about making a difference? Join our fundraising team and help us achieve our ambitious goals.

**2. Social Media Specialist:** Do you have a knack for crafting compelling content? Join our social media team and assist us in expanding our reach and achieving our membership targets.



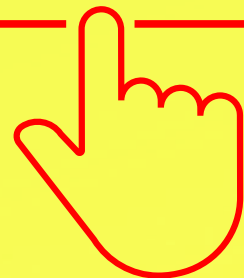
As a volunteer, you'll have the chance to share your ideas, hone your leadership abilities, and get involved in various activities such as grant writing, social media management, and organizing fundraising events. Whether you're interested in event planning, social media outreach, or cultivating connections with potential donors, there's a meaningful role waiting for you within our team.

If you're eager to lend a hand or want to learn more about the exciting opportunities available, please don't hesitate to reach out to Carmen using the contact information provided below. Your participation can truly make a world of difference. Let's create positive change together!

# VOLUNTEERS NEEDED



**APPLY NOW**



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! or click the photo. Submissions are due by the 24th of the month.



**REAL  
WOMEN  
HELPING  
WOMEN  
& YOUTH**

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

<p><b>M.O.V.E. FORWARD!</b></p> <p><i>Self-Care</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>Heart Healthy Month</i></p> <p>hello FEBRUARY</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><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 7 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 8 August 2023</p> <p><b>M.O.V.E. FORWARD!</b></p> <p><i>Focus on hydration!</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>SO VERY thankful INCREDIBLY grateful UNBELIEVABLY flessed</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>hello December</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. preteens (ages 9-12) are scheduled to meet on May 18 to discuss emotions. 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 next Invaluable Me! Sister Circle private support group helping women recognize their unique value and contributions to their lives and others will be announced soon. Women are invited to join our Slack community to join Invaluable Me! and participate in free events and activities.



# Contributors

Thank you

- **Dr. Sarah**, *Unlayered Health & Wellness*
- **Fio**, *Joyful Services*
- **Jalisa**, *Unlocking Your Child's Potential & C.A.L.M. Planner*
- **Khaatia**, *Champagne Smoke*
- **Latanya**, *Heart & Soul Wellness Solutions*
- **Surayya**, *The Purposeful Podcast and Innovanoire*
- **Tadzia**, *Healing 365*

**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:

**realwomenhelpingwomen@gmail.com**  
**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.**

The opinions expressed and offers in the articles published in this magazine are solely those of the individual contributors. RWHW&Y does not endorse any specific product, viewpoint or individual mentioned within these articles.



*Let your*

*Dreams*

*become your reality!*

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

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A Real Women Helping Women & Youth Program

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

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

