

*focus on happiness!*

# M.O.V.E. FORWARD!



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.

## YOUR HELP IS NEEDED AND APPRECIATED

Please **email** suggestions, comments, ideas, and information that you would like to see in our newsletter to [realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com)

August is an excellent time to invite women to make the switch to Slack.



### Participate in our M.O.V.E.

# Monthly Challenge



<https://realwomenhelpingwomenandyouth.org/>

**August 2023**

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

**M.O.V.E. (Making Our Visions Everything)  
a Real Women Helping Women & Youth Program**



**"This is the best time to  
M.O.V.E. Forward,  
I believe we can do it."**

**Director, Dr. Crawley**

**JULY 2023  
M.O.V.E.  
MEMBERS**



## **WORD OF THE MONTH**

**Happiness - the state of pleasurable contentment of mind; deep pleasure in or contentment with one's circumstances. (Oxford Dictionary).**

**Be you! Don't compare yourself to others!**

**Volunteer!**

**Be optimistic! Discover your purpose!**

**Smile! Show gratitude!**

**Live in the now!**





When you're on the road to happiness,  
don't forget to take the exit!



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

## **August 2023**

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# CREATE A SMILEY FACE USING WHATEVER YOU HAVE ON HAND (SAND, FOOD, PAINT...) AND POST A PICTURE IN OUR M.O.V.E. CHANNEL!



## Art therapy

Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

~<https://arttherapy.org/about-art-therapy/>

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



<https://www.toastmasters.org/about>

## Communication

If you want to practice your communication skills in a safe environment, you are welcome to attend the **Cartersville Toastmasters virtual** club meetings.

**Dates: 2nd & 4th Thursdays at 6:30 pm (Eastern)**

**Visit the Facebook page**

**<https://www.facebook.com/toastmasterscartersville>**

**or website**

**<https://cartersville.toastmastersclubs.org/>** - click on

**"Contact Us" if you have questions**

# DO WHATEVER MAKES YOU

*happiest*

Keissa's Beauty Box



Eyes: @hudabeauty #wildobsessionschameleon.

Lashes: @beatsbydebcosmetics

DM me if you would like to book my services or you have products you would like for me to review/promote  
#atlmua #keissabeautybox #contentcreator

KBB Creation

# Let's learn about Blood Glucose also called, Blood Sugar! a topic suggested by Deshia

## What is blood glucose?

Blood glucose, or blood sugar, is the main sugar found in your blood. It is your body's primary source of energy. It comes from the food you eat. Your body breaks down most of that food into glucose and releases it into your bloodstream. When your blood glucose goes up, it signals your pancreas to release insulin. Insulin is a hormone that helps the glucose get into your cells to be used for energy.

## Hyperglycemia vs Hypoglycemia

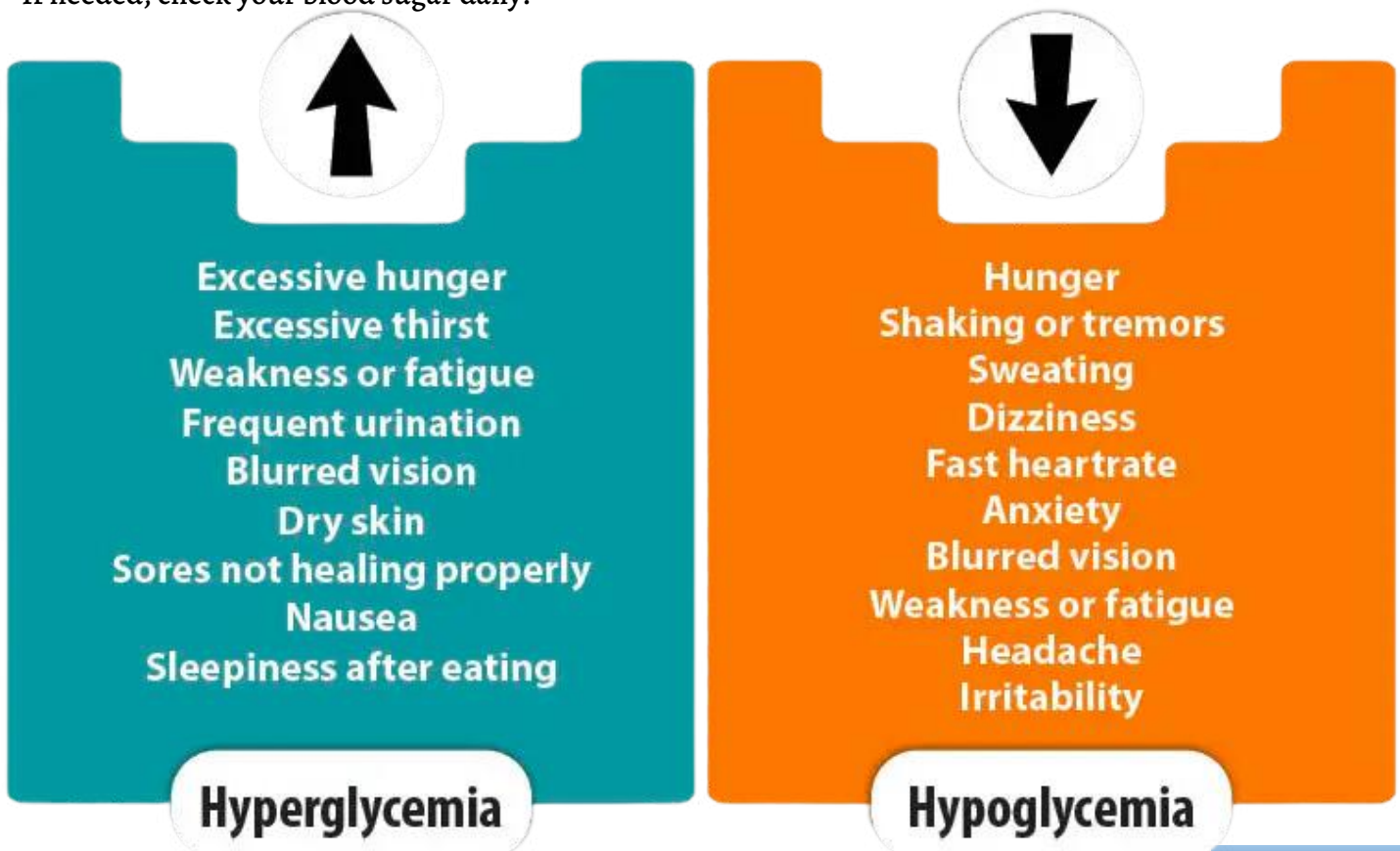
**Hypoglycemia** is low blood sugar and **Hyperglycemia** is a high blood sugar level.

## What do they mean?

Dopamine and serotonin increase when we eat sugar. Our pancreas then produces insulin to absorb excess glucose and regulate blood sugar. After insulin works, blood sugar drops again, making us cranky and exhausted. Sugar gives us a temporary boost, so we crave more.

## Prevention:

- Regular physician visits.
- Eat healthy at regular times every day.
- Do not skip meals.
- Take medicine as directed.
- If needed, check your blood sugar daily.





SIP • SOOTHE • SAVOR

# Sip and Savor: Elevate Your Everyday Wellness with Peppermint and Hibiscus

by Wairimu Cotten

Are you ready to experience the magic of herbs and discover how they can elevate your everyday wellness? As an herbalist and proud owner of Zen and Earth, a company specializing in custom curated teas and tinctures, I'm excited to (re)introduce you to two incredible herbal powerhouses: peppermint and hibiscus. Get ready to embrace a healthier, happier you with these enchanting elixirs!

## **Peppermint Tea: A Refreshing Wellness Elixir**

Imagine sipping on a warm cup of peppermint tea, and suddenly, a wave of rejuvenation washes over you. Peppermint's cool, zesty flavor is like a burst of vitality, perfect for kickstarting your day or uplifting your spirits. Beyond its delightful taste, peppermint tea also works wonders for your digestion, easing any tummy troubles and leaving you feeling light and energized. So, whether you need a morning pick-me-up or a soothing bedtime ritual, let peppermint tea be your go-to wellness elixir.

## **Hibiscus Tincture: A Vibrant Mood Booster**

Say hello to hibiscus, the vibrant flower that brings joy in liquid form—hibiscus! This potent herbal extract captures the essence of hibiscus, infusing it with mood-boosting properties that can elevate your spirits and promote emotional balance. Just a few drops of this ruby-red elixir in your favorite beverage, and you'll experience the magic of its floral goodness. Hibiscus tincture is your ally in embracing a positive mindset and relieving stress, leaving you feeling centered, calm, and ready to conquer the day.

## **Craft Your Wellness Ritual:**

Let's weave these herbal wonders into a wellness ritual that's uniquely yours. Start your mornings by steeping a comforting cup of peppermint tea—allow its freshness to awaken your senses and energize your day. Throughout the day, keep a small bottle of hibiscus tincture handy and add a few drops to your water or favorite beverage, turning your hydration into a mood-lifting ritual. As the day winds down, indulge in a calming evening moment with another cup of peppermint tea, setting the stage for a restful night's sleep.

It's time to experience the enchanting power of peppermint tea and hibiscus tincture as you elevate your everyday wellness. Sip and savor the refreshing goodness of peppermint, and embrace the vibrant mood-boosting properties of hibiscus. These herbal elixirs are here to transform your self-care routine and infuse your life with natural vitality and joy. Let's embark on this herbal journey together and embrace a healthier, happier you! Scan the QR Code or contact us at [support@zenandearth.com](mailto:support@zenandearth.com) for a consultation and allow us to craft your perfect wellness ritual.



**Zen And Earth: Elevate your journey.**

<https://linktr.ee/zenandearth>



# How many miles are left on your sneakers?



If you are **walking 60 minutes a day or an average of 7 hours a week**, consider replacing your sneakers every three months. After three to six months, sneakers lose support and shock absorption, which may leave you prone to injury.

## Exercise

**(noun) activity requiring physical effort carried out to sustain or improve health and fitness**

Brookes, Nike, and ASICS state their shoes are designed to last 300-500 miles, roughly 3-6 months if you **ran 20 miles a week** on average.

(Mar 28, 2022)

# FASHION. FASHION. FASHION. FASHION. FASHION. FASHION.

Fashion psychology is the study and treatment of how color, image, style, beauty, and shape affect human behavior while taking into account cultural norms and cultural sensitivities.

“When you start adding meaning to certain clothing, you embody that,” Forbes-Bell explains. “People do that when they wear certain clothes in a lot of different situations, specifically in the working environment. ... Subconsciously, they wear clothes to help them navigate different situations, help them embody specific trades, help them feel more confident, happier, or even more comfortable. A lot of times, that kind of decision and that motivation is operating below levels of consciousness.” ~Shakaila Forbes-Bell, (in 2016 Shakaila became the first Black person in the world to earn a master’s degree in fashion psychology).

**Come share your OOTD  
(outfit of the day) in the  
#move-health-and-wellness-activities  
Slack channel!**



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retirement, or do you have some doubts?

Ever thought about leaving your loved ones with a  
gift that last a life time? Make sure your loved ones  
are financially secure and protect what matters  
most.

Let's discuss your financial history and create your  
future goals by creating a custom plan/roadmap for  
you.

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# Real Women Helping Women

# Family Photo Contest



# Real Women Helping Women



## Family Photo Contest



KICKIN' IT  
WIT'  
**BRANDT**  
2023



# Real Women Helping Women

**Family  
Photo  
Contest  
Winners!**



# Real Women Helping Women

Family  
Photo  
Contest  
Winners!



# Kindness pays off in happiness!

You may show your closest friends nothing but love, respect, and kindness.  
Do you treat yourself the same way?



## How to concentrate on becoming your own best friend!

- Praise yourself, rather than waiting for others to do it for you.
- Laugh at yourself!
- Discover who you are!
- Spend time with yourself!
- Learn how to comfort yourself in healthy ways.
- Practice having fun alone!
- Challenge yourself by practicing random acts of kindness for yourself.
- Focus on the positives more than the negatives.

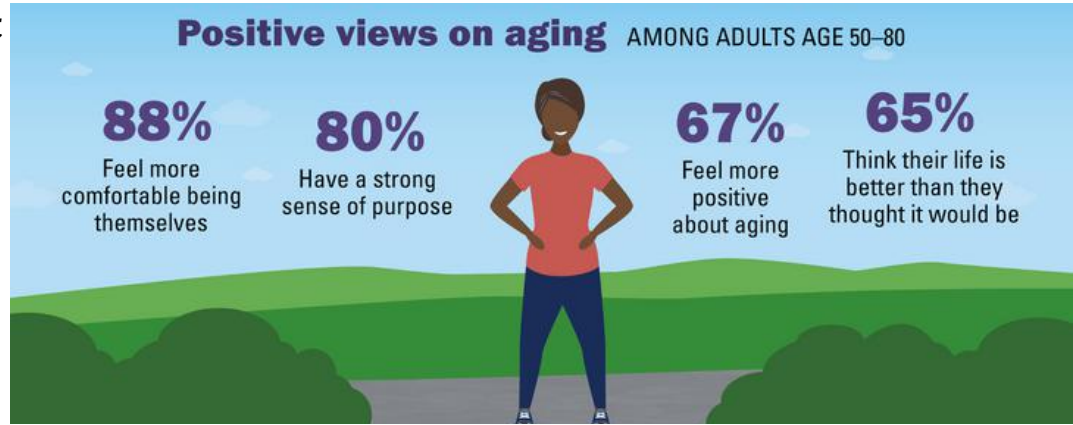


# Show yourself some love and embrace the aging process!

10K people turn 65 a day (CDC)

80% of older adults have at least one Chronic Disease

- Hypertension
- Diabetes
- Arthritis
- Dementia



## Healthy Living Through the Years



### 20s:

- Find a primary care provider and start getting regular annual checkups
- See a gynecologist every three years and a dentist twice a year for preventive care
- Always use condoms
- Drink eight glasses of water a day
- Have a meatless meal at least once a week



### 30s:

- Continue with regular checkups
- Continue to pay attention to your diet as well as safe-sex practices
- Commit to a regular exercise program if you haven't already
- Get a baseline mammogram at age 35 if you have a family history of breast cancer
- Aim for at least seven hours of sleep each night



### 40s:

- Annual routine physical
- Annual well-woman visit, which includes a Pap smear at least every three years
- Yearly mammogram starting at 40
- Work with your health provider to monitor BMR (Basal Metabolic Rate), waist-to-hip ratio, heart rate, blood pressure and blood sugar
- Practice safe sex



### 50s:

- Get a baseline colonoscopy at 50
- Check your thyroid, especially if you are suddenly fatigued
- Annual routine physical
- Annual well-woman visit and Pap smear at least every three years
- Yearly mammogram
- Practice safe sex



### 60s, 70s & Beyond:

- Continue well-visit checkups
- Carefully manage any chronic health conditions
- Adjust your diet to acknowledge your slowing metabolism
- Keep it moving—and incorporate strength training into your routine to support stronger bones
- Practice safe sex

# Black Women's Health Imperative

**Is it Beneficial??? An AI generated Quiz**  
suggested by Deana to help you decide whether or not a particular activity is beneficial to your happiness

Name of your tivityty \_\_\_\_\_

1. How do you feel when you think about or engage in the activity?
  - a) Excited and happy
  - b) Indifferent
  - c) Stressed or unhappy
2. Does the activity align with your values and goals?
  - a) Yes, it aligns perfectly
  - b) Somewhat, but not completely
  - c) No, it goes against my values and goals
3. How does the activity affect your overall well-being?
  - a) It significantly improves my well-being
  - b) It has a neutral impact
  - c) It negatively impacts my well-being
4. Do you look forward to participating in the activity?
  - a) Absolutely, it's a highlight of my day/week
  - b) I'm neutral, neither excited nor uninterested
  - c) No, I dread it or feel burdened by it
5. How does the activity affect your relationships with others?
  - a) It strengthens my relationships and brings me closer to others
  - b) It has no noticeable impact on my relationships
  - c) It strains or damages my relationships
6. Are you able to maintain a healthy work-life balance while engaging in this activity?
  - a) Yes, it doesn't interfere with my personal life or well-being
  - b) It sometimes affects my work-life balance, but I manage it
  - c) No, it significantly disrupts my work-life balance
7. How motivated and inspired do you feel when pursuing this activity?
  - a) Extremely motivated and inspired
  - b) Somewhat motivated, but not consistently
  - c) I feel demotivated or uninspired
8. Have you noticed any negative physical or mental health effects due to this activity?
  - a) No, it has only positive effects on my health
  - b) I'm unsure or haven't noticed any significant effects
  - c) Yes, it negatively impacts my health
9. Do you feel a sense of accomplishment or fulfillment after engaging in this activity?
  - a) Yes, it gives me a great sense of accomplishment and fulfillment
  - b) I'm indifferent, neither satisfied nor unsatisfied
  - c) No, it leaves me feeling unsatisfied or unfulfilled
10. How much time and energy does the activity demand from you?
  - a) It's worth investing a significant amount of time and energy
  - b) It requires a moderate amount of time and energy
  - c) It consumes excessive time and energy, leaving little for other important aspects of life



**Scoring:**

- For each question, assign 3 points for answer (a), 2 points for answer (b), and 1 point for answer (c).
- Calculate your total score out of 30.

**Interpreting the results:**

- 25-30: The activity is likely bringing you happiness and should be continued.
- 15-24: The activity may have mixed effects, and you should carefully consider its impact on your well-being and overall satisfaction.
- 1-14: The activity is likely not bringing you happiness and should be stopped or significantly modified.

Remember, this quiz is created by artificial intelligence and just a tool to help you assess your happiness and make informed decisions. Trust your own judgment and feelings as well.

# Fitness Word Search Puzzle

an activity suggested by Deshia

Find the word in the puzzle that will help you remember to focus on fitness.

Words can go in any direction.

Words can share letters as they cross over each other.

S Y E P I N T E R V A L B Z R  
 D S R N R U N D E R C U V W E  
 A Y E E D O S T R E N G T H P  
 O T I N V U G D S W C S Z G E  
 L I V X T O R R W M C C N T T  
 E L H C A I C A E I V I Q E I  
 D I C R P M F E N S H T O N T  
 T B O O D V L E R C S S F S I  
 V I S S K W H S T A E I S I O  
 E X O S I T E E E V E L O O N  
 P E R F S M R R D A O L Z N S  
 X L R I I T O B O D Y A O V Z  
 S F L T S B A N Z I I B A K I  
 L A N X I Q E S C I B O R E A  
 C U R C N O I T I S O P M O C

<b>Aerobic</b>	<b>Aerobics</b>	<b>Ballistic</b>
<b>Body</b>	<b>Calisthenics</b>	<b>Composition</b>
<b>CrossFit</b>	<b>Deload</b>	<b>Endurance</b>
<b>Fitness</b>	<b>Flexibility</b>	<b>Interval</b>
<b>Load</b>	<b>Max</b>	<b>One</b>
<b>Progression</b>	<b>Recovery</b>	<b>Rep</b>
<b>Repetitions</b>	<b>Strength</b>	<b>stretching</b>
<b>Tension</b>	<b>Time</b>	<b>Under</b>



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# Comparing spring water, purified water, and alkaline water

a topic suggested by Zakkiyya and LaKeissa

## Spring Water

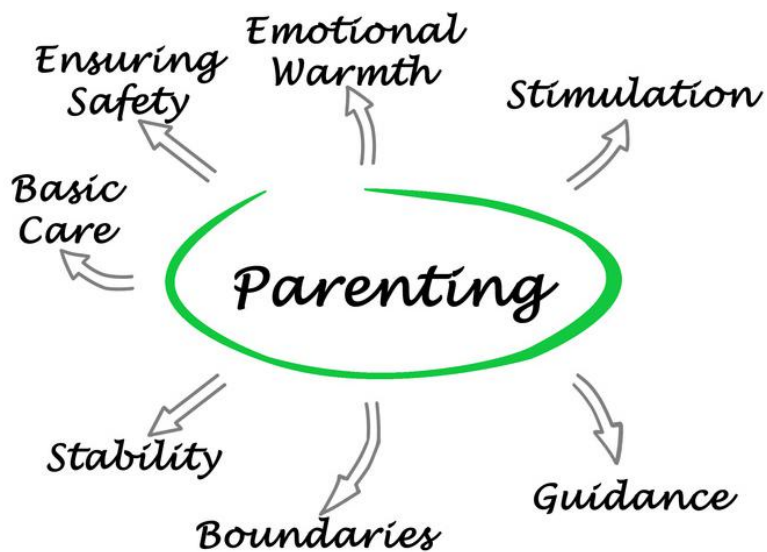
- **Natural minerals:** Spring water often contains naturally occurring minerals such as calcium, magnesium, and potassium, which are essential for overall health and well-being.
- **Refreshing taste:** Spring water is known for its crisp and refreshing taste, which many people find appealing.
- **Potential immune system support:** Some proponents claim that the natural minerals and trace elements present in spring water can help support the immune system and promote overall vitality.
- **Environmental considerations:** Choosing spring water from sustainable sources may have fewer environmental impacts compared to other bottled water options.

## Purified Water

- **Removal of contaminants:** Purified water undergoes filtration processes that remove impurities, including bacteria, viruses, chemicals, and heavy metals, providing a clean and safe drinking water option.
- **Consistency:** Purified water is typically standardized, ensuring that the water meets specific quality standards and doesn't vary significantly from batch to batch.
- **Versatility:** Purified water can be used for various purposes beyond drinking, such as cooking, making beverages, and other household applications.
- **Accessibility:** Purified water is widely available, including through home filtration systems, making it convenient for individuals who prefer filtered water.

## Alkaline Water

- **Potential pH balance:** Alkaline water has a higher pH level than regular water, typically ranging from 8 to 9. Some proponents believe that consuming alkaline water can help balance the body's pH levels, which may have certain health benefits. However, scientific evidence supporting these claims is limited.
- **Hydration:** Like other types of water, alkaline water helps keep the body hydrated, promoting overall health and well-being.
- **Antioxidant potential:** Some studies suggest that alkaline water may exhibit antioxidant properties, which can help neutralize harmful free radicals in the body. However, further research is needed to fully understand these potential benefits.
- **Taste preference:** Some individuals enjoy the slightly sweet and smoother taste of alkaline water compared to regular water.



### Word Search Answers

D	S	R	N	R	U	N	D	E	R	C	U	V	W	E
A	Y	E	E	D	O	S	T	R	E	N	G	T	H	P
O	T	I	N	V	U	G	D	S	W	C	S	Z	G	E
L	I	V	X	T	O	R	R	W	M	C	C	N	T	T
E	L	H	C	A	I	C	A	E	I	V	Z	Q	E	I
D	C	R	P	M	F	E	N	S	H	T	O	N	T	I
T	B	O	O	D	V	L	E	R	E	S	S	F	S	I
V	I	S	S	K	W	H	S	T	A	E	S	S	I	O
E	X	O	S	I	T	E	E	E	V	E	L	Q	O	N
P	E	R	F	S	M	R	R	D	A	O	L	Z	N	S
X	L	R	I	T	O	B	O	D	Y	A	O	V	Z	
S	F	L	T	S	B	A	N	Z	I	I	B	A	K	I
L	A	N	X	I	Q	E	S	C	I	B	O	R	E	A



Helping others overcome obstacles through her Freedom Framework, the 5 F's.

- ⚡ Faith
- ⚡ Fellowship/Family & Friends
- ⚡ Forgiveness
- ⚡ Feeding Your Being
- ⚡ Fun



## Meet Minister Jalisa Hardy!

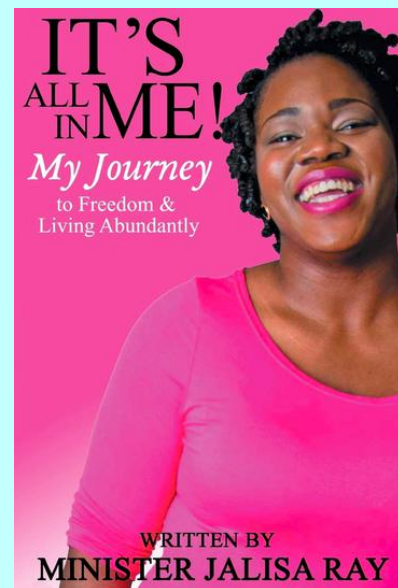
Minister Jalisa Hardy is a single mom of 3 young children, licensed minister, self-published author, relationship coach, a Board Certified Holistic Health Practitioner, and a new member of our Real Women Helping Women & Youth Slack community, residing in Glen Burnie, MD. She is known as the Holistic Health Plug.



Jalisa invites you to become a member of ***She's Ready Society***, a safe space for women to get ready for their next level with grace and ease.

Visit Jalisa's [website](#) and schedule your 1-hour coaching call to help you achieve your health goals and create a personalized plan for success.

Order Jalisa's book, ***It's All In Me*** on Amazon!



# Self-Awareness Exercises that Fuel Happiness and Success

based on a 2018 presentation by Carmen Crawley for RWHWY, from Huffington Post

Self-awareness is one of the most important skills for success. How you behave and respond to external situations is governed by internal mental processes. Self-awareness uncovers any destructive thought-patterns and unhealthy habits. This leads to better decision-making and behavioral responses.

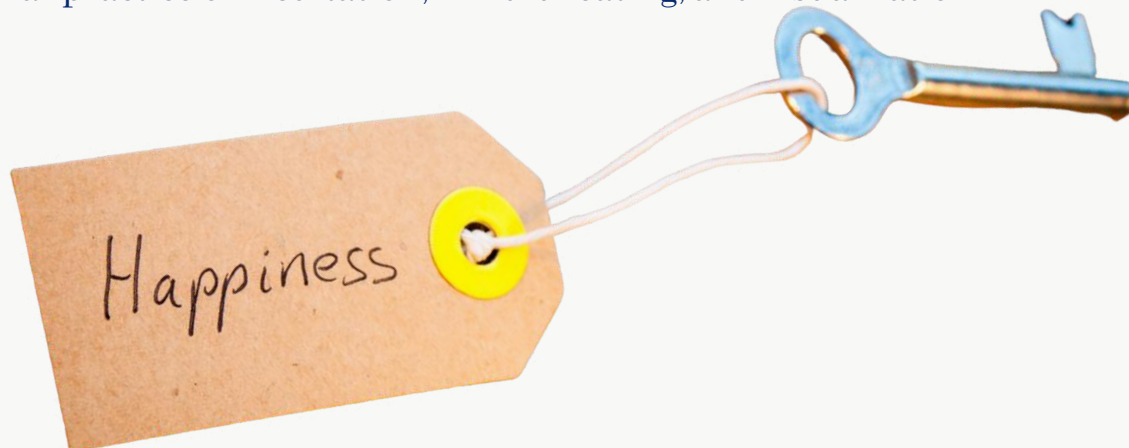


- **The three Why's** - Before acting on a decision, ask yourself "Why?" Follow up your response with another "Why?" And then a third. If you can find three good reasons to pursue something, you will have clarity and be more confident in your actions.
- **Expand your emotional vocabulary** - Emotions create powerful physical and behavioral responses, and are more complex than "happy" or "sad." Putting your feelings into words has a therapeutic effect on your brain.
- **Practice saying "No" to yourself** - To put off short-term gratification for the long-term gain is an important life-skill. The more you practice saying "No" to small daily challenges, the better you can withstand major temptations.
- **Break visceral reactions** - A person without self-awareness runs on autopilot, and responds with knee jerk reactions. Self-awareness allows you to assess situations objectively and rationally.
- **Be accountable to your flaws** - Nobody is perfect. Being aware of your flaws, but failing to accept accountability, is leaving the job half done. We are often critical of others, while ignoring our own flaws. Self-awareness helps turn the mirror on ourselves and prevents hypocritical behavior.
- **Monitor your self-talk** - There is a non-stop commentary in our heads, and it is not always helpful. A little bit of negative self-talk can spiral into stress and depression. Pay attention to the way you respond to your successes and failures. Do you pass off your achievements as luck? And crucify yourself after failures? Being tough on yourself needs to be balanced with self-compassion.

# Self-Awareness Exercises that Fuel Happiness and Success

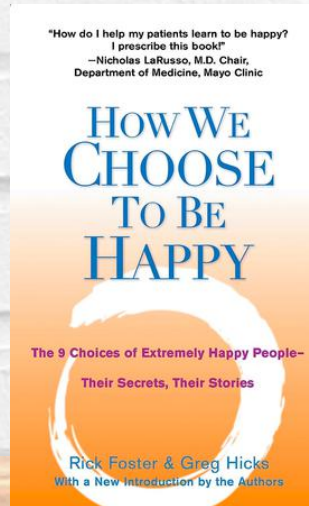
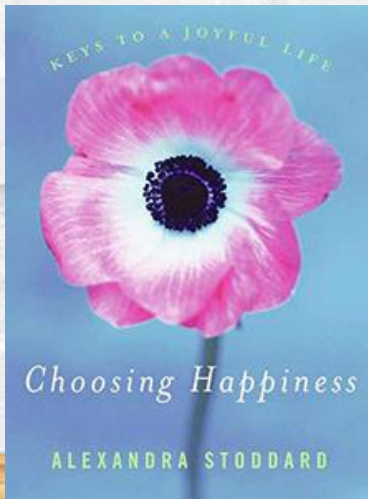
based on a 2018 presentation by Carmen Crawley for RWHWY, from Huffington Post

- **Improve your body language awareness** - Watching yourself on video can be a cringeworthy experience but awareness of your body language, posture, and mannerisms improves your confidence.
- **Play "Devil's Advocate"** - Taking an opposing view forces you to question your assumptions. your "default" beliefs and worldview are not always reasonable; it is healthy to "argue against yourself" and see how your views holdup and you will give your brain a good workout. Processing challenging information stimulates new neural connections.
- **Know your Personality Type** - Allows you to maximize your strengths and manage your weaknesses. Understanding your "strength" and "talents" can be the difference between a good choice, and a great choice.
- **Ask for constructive feedback, regularly** - We all have blindspots in our thinking patterns and behaviors. Asking for regular constructive feedback cuts through any self-deceit or one dimensional views you might hold.
- **Practice self-evaluation and reflection** - keep a journal and track your progress. How would you rate your current level of self-awareness out of ten? Think about how often you say regretful things; repeat bad habits; make absent-minded decisions; and have erratic thoughts. Ask yourself at the end of each day, "What did I do well today? And, "How can I improve on this tomorrow?"
- **Meditation** - You will become aware of how your mind wanders, and get better at snapping out of distractions.
- **Mindfulness** - Being present in the moment helps you stay alert and aware, which in turn decreases your stress and boosts your mood. Mindfulness can be trained through regular practice of meditation, mindful eating, and visualization.



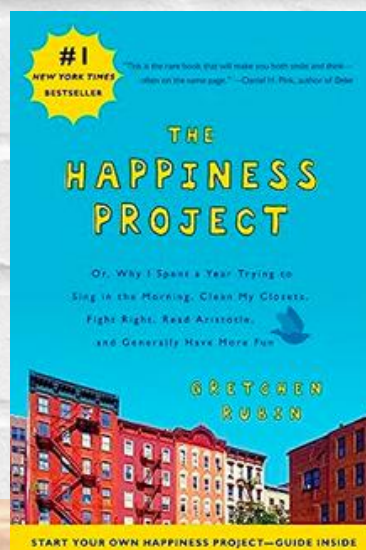
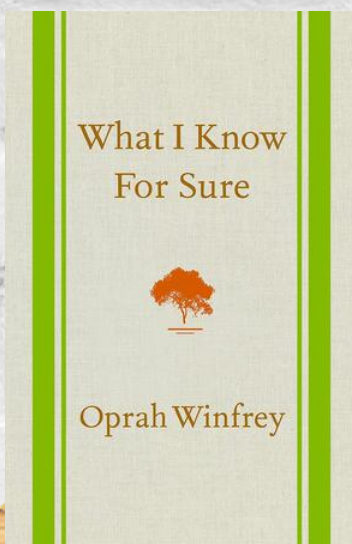
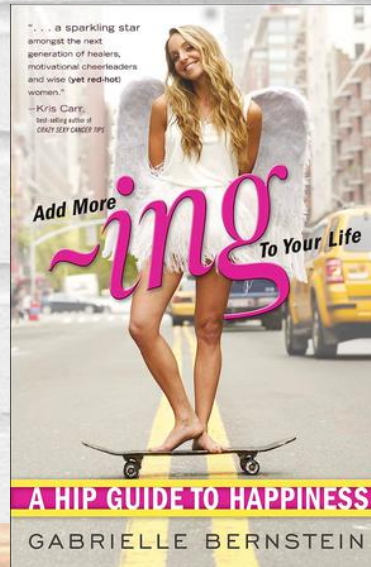
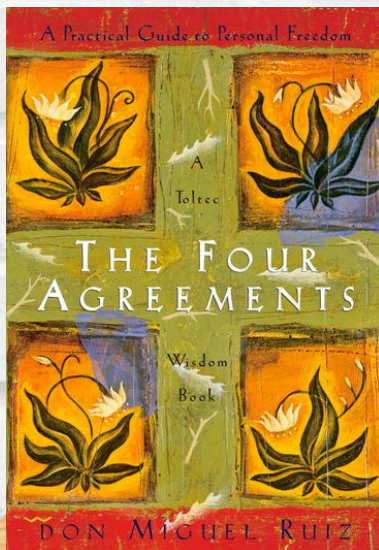
# HAPPINESS BOOKSHELF

a topic suggested by Dionne



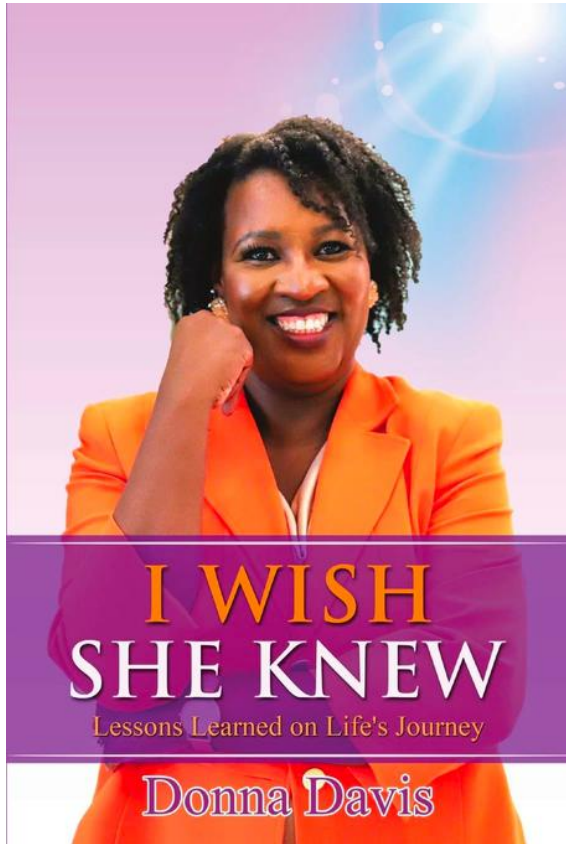
To learn more about the book, simply click on the cover.

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- ***How We Choose to be Happy***  
by Rick Foster & Greg Hicks
- ***The Four Agreements***  
by Don Miguel Ruiz
- ***Add More ~ing to Your Life***  
by Gabrielle Bernstein
- ***What I Know For Sure***  
by Oprah Winfrey
- ***The Happiness Project***  
by Gretchen Rubin





# Donna Davis PRESENTS



**Click on either picture  
to order Donna's book,  
*I Wish She Knew*  
on Amazon.**

## I WISH SHE KNEW

Lessons Learned on Life's Journey

Everyone goes through experiences in life that they would like to forget. In our attempt to separate ourselves from those experiences, we tend to bury the emotions associated with them. The problem is that those emotions tend to resurface days, weeks, months, or even years later, and because we did not deal with them during the time of the experience, they are as real as they were so long ago.

As I grew, I realized that the trauma eight-year-old and eighteen-year-old Donna endured had to be addressed. Emotionally, I never left those situations until I acknowledged, confronted, and evicted the negative emotions associated with them. In this book, I share some of the emotional experiences that shaped my view of myself. Most of those views were not favorable, even though some of my experiences were not my fault. I decided that my past was not something to be ashamed of and something to hide away in a closet. I evolved and did not let my past control my future. There were many lessons learned along my healing journey. I had to evict the negative emotions that were limiting me from living the life that I am worthy of. I am still in the process of healing. Join me in evicting negative emotions because they don't pay rent.

## Are you ready for your breakthrough?

Meet author, life coach, and empowerment speaker Donna Davis. Donna empowers women to acknowledge, confront, and evict (ACE) negative emotions and live the life they deserve.

Life experiences often leave us feeling buried, leading to resurfacing emotions years later. Addressing traumas like those experienced by Donna and eight-year-old Donna requires acknowledging, confronting, and evicting negative emotions. Donna's book shares the emotional experiences that shaped her view of herself. She learned to embrace her past and not let it control her future. Donna is still healing and encourages others to join her in evicting negative emotions, as they don't pay rent.

Donna helps women overcome emotions that prevent them from living their authentic lives through life coaching, specialized programs, and empowerment speaking. Donna is approachable and inspires action every time she speaks.

If you are ready to start evicting negative emotions, schedule a free 20-minute Breakthrough Session with Donna on her website and let her guide you toward the life you deserve.



<https://donnadavispresents.com/>



[@donnadavispresents](#)

# M.O.V.E. Down Debt!

a topic suggested by Deshia

Below are some ideas to help you decrease your debt!

- Create a budget or a financial plan.
- Cut your expenses - call your utilities, cable, phone and decrease subscriptions.
- Put away your credit cards **immediately** - if you are not able to pay the balance in full as soon as the charge hits your account, do not use the card.
- Try to find a way to earn more money - ask for a raise, sell old stuff.
- Consider a debt consolidation program - move charges to a 0% credit card and pay that card off in full before the deadline.

## Household Maintenance Reminders

a topic suggested by Lakeissa

HOME  
Sweet  
HOME

- Change Filters (HVAC, stove, fridge)
- Clean gutters and drains
- Pump Septic Tank
- Check fire extinguishers and fire detectors

### 20 THINGS YOU MUST KNOW ABOUT YOUR SOCIAL SECURITY BENEFITS

**How big will my payouts be?**  
Payouts will be reflected on the Social Security Administration's Benefit Statement...

**When can I start getting payouts?**  
The earliest you can start collecting Social Security retirement benefits is age 62...

**How does Social Security Work?**  
The program is based on contributions that workers make to the system...

**Bonus!**  
Scan the QR code to get your ebook copy of "20 Important Facts You Must Know About Your Social Security!"

**WAKE THE FICA UP!**  
TAKE A STAND

CONVENIENCE COMES AT A COST!

Copyright © WakeUpFICA.org | www.WakeTheFICA.org | Know Your Social Security Benefits

Wake the FICA Up!  
20 THINGS YOU MUST KNOW ABOUT YOUR SOCIAL SECURITY BENEFITS  
Click on the photo to learn more!

# Women are encouraged to join our Slack community and participate in our Real Women Helping Women September Virtual Meeting!



## Our Wise Ladies (O.W.L.s)

O.W.L.s are currently reading *The Six* by Anni Taylor, a slow-burn psychological thriller.

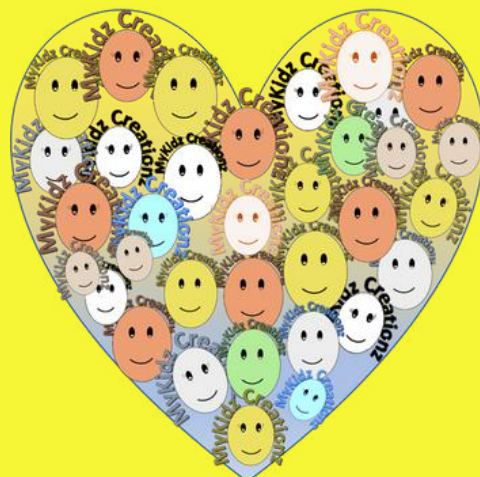
Evie is in the grip of a gambling addiction. She's terrified she'll destroy the lives of her husband and two small daughters, especially with her rising debt. She grabs onto a lifeline - the offer of a program that promises to heal addictions and give her a fresh start.



There are six days and six challenges on the path to healing. Ten thousand dollars per challenge. Sixty thousand on completion. Enough to pay off debts and start anew. Evie and 27 others from around the world travel to a monastery on a tiny Greek island to begin the program.

Join our Slack Community to help choose our next book selection.

MyKidz Creationz highlights our youth's achievements. Take time to post something positive that a child in your life has done! Ideas to share include stories, posters, science fair projects, coloring pages, anything positive.



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

- **July 2023** <https://heyzine.com/flip-book/MOVEForwardJuly2023>
- **June 2023** <https://heyzine.com/flip-book/MOVEForwardJune2023>
- **May 2023** <https://heyzine.com/flip-book/MOVEForwardMay2023>
- **April 2023** <https://heyzine.com/flip-book/M.O.V.E. Forward April 2023>
- **March 2023** <https://heyzine.com/flip-book/M.O.V.E. Forward March 2023>
- **February 2023** <https://heyzine.com/flip-book/M.O.V.E. Forward February2023>
- **January 2023** <https://heyzine.com/flip-book/fdab77bcob.html>.

## Contributors

*Thank  
You*

- **Bonnie, Financial Legacy Solutions**
- **Donna, Donna Davis Presents**
- **Jalisa, The Holistic Health Plug**
- **Latanya, Heart & Soul Wellness Solutions**
- **Rolanda, Toastmasters**
- **Stanley, Wake the FICA Up!**
- **Wairimu, Zen and Earth**
- **Content Suggestions: Deana, Deshia,  
Dionne, LaKeissa, Zakkiyya**
- **RWHW Contest Winners**

## Plan Your Journey to Excellence

- Update your 2023 M.O.V.E. journal or planner
- Add your August goals!
- Participate in our team challenge.
- Email your ideas, pictures, personal stories, and suggestions to [MOVE@rwhwy.net](mailto:MOVE@rwhwy.net).
- Join our **M.O.V.E. channel in our [SLACK Community!](#)**

### Contact Us:

[realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com)  
<https://rwhwy.my.canva.site/>

**Our Mission:** Provide educational support that improves the quality of life for women and children.

**Our Vision:** Create an educational network that encourages women and youth to appreciate their worth.

M.O.V.E.

Making Our Visions Everything

*Real Women Helping Women & Youth*  
Improving lives!

