

# GLAMHER

MAGAZINE



*Sonja Pelton-Sam*

@SPELTONSAM  
CHIEF EDITOR/FOUNDER  
WWW.GLAMHERMAGAZINE.COM

WOMEN  
SUPPORTING  
WOMEN THAT  
WIN!!!

HEALTH  
MATTERS

*Faith*

HOW TO  
SUPPORT FAMILY  
MEMBERS  
WITH  
BREAST CANCER

VISION

HOPE

LIMITED EDITION

SONJIA  
PELTON-SAM





“

**WE ARE BETTER  
WHEN WE FIGHT**

*Together*

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# Sonjia PELTON-SAM GLAMHer MAGAZINE Honoree



*Sonjia Pelton- Sam is a woman that is always on the move. Her number 1 gift is helping other people grow and help them achieve their goals. Sonjia is a Christian and serving others is what she does best. From serving in prisons, low-income schools, Toys 4 Tots, and more, Sonjia loves every moment of giving back to others. She has overcome two bad divorces, rape, bankruptcy, breast cancer, and so many other trials. Her hope and faith in God brought her through every battle with victory. She says she is sure a little grace, love, and mercy also kept her.*

*Sonjia helps women entrepreneurs transform their lives through life coaching, and she also does 1 on 1 business coaching that includes services like graphic designs, book publishing, live streaming basics, workbooks, planners, and journal creations.*

*Sonjia is the Chief Creative Director of GLAMHer Magazine. A magazine specifically designed to highlight amazing women around the globe and spotlight who they are and what they do. She also gives access for the ladies to connect with each other and lets them showcase their products and services. She believes that connecting with other great people is a key to success.*

*Sonjia Pelton-Sam is visionary and a trailblazer, leaving a legacy for the future generation.*

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*Chris*  
**NOBLE**  
**GLAMHer**  
**MAGAZINE Honoree**



Chris is Director of Corporate and Community Relations for The Rose, a community leader in breast health, founded in 1986. In her position at The Rose, Chris works within the community, bringing the message of screening and early detection to local companies and their work force. Chris says her job at The Rose is the friendraiser.

In her role at The Rose, Chris speaks to groups about the importance of “taking care of you”; what those words really mean. She also heads The Rose’s initiative in the African American; providing breast cancer awareness information and raising funds to provide mammograms for uninsured women.

Now in its 39th year, The Rose provides mammograms and other breast diagnostic services to all women. By having their mammogram at The Rose, three insured women help support one woman without insurance.

Prior to The Rose, Chris owned an IT firm. Her company was 24 years when she closed it In 2012. Over the years, her firm garnered numerous awards.

Chris has served many leadership roles in local and state women’s organizations. She was recognized as one of Houston’s 50 Most Influential Women, and as a Distinguished Leader Impacting our community; honored as a Top Women in Technology, named Women Business Owner of the Year, honored as a Women of Excellence and a 2001 Leadership Texas graduate. She holds a BS and MS from the University of Houston.

In November 2021 Chris received Joe Biden’s Presidential Lifetime Achievement Award.

In December 2022 Chris received an Honorary Doctorate Degree from Leaders Esteem Christian Bible College.

In June 2024 Chris received The Humanitarian Award for The HERprenuer Network.





# LET'S TALK ABOUT YOUR BREASTS

Take control of your breast health while helping others, too. For every 3 insured women getting a screening mammogram at The Rose, it helps provide one for an uninsured woman.

Schedule your appointment, give to The Rose or listen to our podcast to learn more about how you can become involved.



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Nicole, Sponsored Breast Cancer Survivor

# Janice WORKCUFF

GLAMHer  
MAGAZINE Honoree



“Your life is your message to the world. Make sure it’s inspiring.”

Anonymous

Over three decades ago, Janice Workcuff received the words that no young mother wants to hear, “You have breast cancer.”

Within three months of hearing that devastating news, the ball drops yet again. The breast cancer had now moved to her chest wall. Janice was told her days were numbered and she was given a short time to live. Initially, she was overwhelmed with tremendous fear. There were a million thoughts racing through her mind. Painfully, Janice had to consider death.

To escape her emotional overload, she became diligent. She worked several jobs all over town endeavoring to run from her crisis with cancer. Finally, her sister encouraged her to seek support by connecting with another survivor that could relate to her.

Her fight not only turned into victory for her but advocacy for others. As a 35-year breast cancer survivor her motto is: *“I am on a mission - not remission”*.

Janice frequently attends educational classes, webinars, and conferences to remain current on the latest advances in breast health and breast cancer. These practices are crucial as she offers support and hope to women who are experiencing breast cancer by connecting them with resources and medical professionals to help them understand their diagnosis.

For the last twelve years, Janice has served as Executive Director with Angels Surviving Cancer, Inc., a non-profit 501c3 breast cancer survivors’ organization. Angels seek to encourage, empower, and educate the community of the importance of assisting those who are undergoing treatment and beyond by addressing the entire spectrum of needs through advocacy, financial, emotional, and spiritual support. Janice is highly respected as an overcomer, warrior, survivor, thriver, and humble leader, creating noticeable interest among women to join the fight against breast cancer.





# Our Mission

Angels Surviving Cancer, Inc. is a breast cancer survivorship organization whose mission is to Enlighten, Empower, Encourage and Educate the community about Breast Health Awareness, while equipping those fighting the disease with a sense of control and the motivation needed to maintain their quality of life.

[www.angelsurvivingcancer.org](http://www.angelsurvivingcancer.org)



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# Meka

# DIAMOND

# GLAMHer

MAGAZINE Honoree



"Meka Diamond" is the driving force behind many growth opportunities. She is the CEO of Meka Diamond, Inc., MDInc Academy, and a 7 Years as a Radio Personality for GMT Radio. Our CEO has been featured as a branding expert and media mogul in "Beautifully Said Magazine" as one of Houston's rising entrepreneurs, "Essence", "Houston Global Magazine", "Vogue Houston", "Empowering Boss Life Magazine" as a serial entrepreneur, "Women in the Boardroom" reality show, "Black Link Magazine", and recently earned a spot in "Canvas Rebel", Reconstruction of A Survivor Monthly Editorial, and "Parental Impact" sharing her family's unique journey of breast cancer. "Meka Diamond" continues to make her mark in her craft. Because of her strive to enhance lives, She released her first book "Diamond in The Ruff". Diamond in the Ruff has been sold across the country and in 2021 added to Kroger's grocery stores. Not only is Meka a business woman, but she has spent her entire career in the service of others. In the last two decades, Meka served and built partnerships throughout the USA, Uganda, Ethiopia and beyond for the betterment of the communities. Since 2009, She has volunteered over 8,000 hours and was awarded a proclamation day in honor of her brother in 2017. Meka has received many Congressional Recognition awards. As a result of her service she was also awarded the 2022 Lifetime Achievement Presidential Award. After serving over a decade with breast cancer orgs, in 2024 she became a board member of Angels Surviving Cancer, Inc. With all that is happening in the world Meka's love and passion for others has definitely set her apart. Her motto is "Vision and purpose are God's heavenly investments for a return in the earth. Be faithful enough to release it to the world. Be a good investment by kingdom building"





# Dr. Sonia WHITE

**GLAMHer**  
MAGAZINE Honoree



Dr. Sonia White is a remarkable individual, USAF Veteran, Best Selling Author, Philanthropist, Health Professional and non profit founder. Her achievements in her industry have made her a pacesetter with significant contributions. Sonia is also the Founder/Chair of the **S.M.I.L.E Foundation Inc.**, a 5013c nonprofit dedicated to support, educate, encourage and empower young minority men in STEAM education, financial literacy and inspiring them to achieve success in life with positive mentors. Sonia also has an outreach program The B.I.R.T.H. Project, The Bible Initiative Reaching The Homeless. It is to give hope and inspiration to those that have lost it. In addition to being a mammographer for over 15 years Dr. Sonia hosted her inaugural breast cancer and domestic violence survivors event honoring and celebrating the life of these amazing women. Sonia contributes to various non profits to support their efforts and mission. Sonia is a 4x published author. Her goal is to spread the word and promote the profession of radiology to increase jobs amongst minorities in the field that is underrepresented.

Sonia's background with a Bachelor of Science in Health Education from the University of Houston coupled with her experience transcending more than 20 years in the Healthcare industry focusing on radiology science have enabled her build a successful career. Leveraging the wisdom of her knowledge and skills, she has played an enabling role in improving community laws to reduce diabetes, obesity, stroke and Covid-19 among other health concerns.

Sonia is a United States Air Force Veteran and learned the skills in leadership, teamwork, and organization unique to the armed forces, which she brings to bear in her philanthropy career. Her strong personal and professional skills make her a keen advocate for the youth, proactively seeking out new opportunities to enhance her services and continually attain excellence, with youth empowerment the ultimate objective.

A humanitarian to the core, Sonia has participated in volunteer activities since childhood. With a Volunteer Lifetime Achievement Award from former President Barack Obama in 2017. Sonia has been the recipient of prestigious awards and recognition for her community service and philanthropic efforts. In 2022 Sonia has been featured in Sheen's magazine top 22 women of 2022. Also, she received Congressional recognition for hosting the Presidential Lifetime Achievement Awards in Houston. Sonia is also featured in the CORE magazine, Top 100 professionals for 2022. She continues to serve her community and make an impact on the world globally.



# Gwendolyn

## WHITE NUNN

GLAMHer  
MAGAZINE Honoree



# Congrats!

Congratulations, Gwendolyn White Nunn

GLAMHer Magazine is thrilled to honor the remarkable Gwendolyn White Nunn, born and raised in Marlin, Texas, and now a cherished resident of Waco. As the incredible mother of Dr. Sonia White, Gwen is a true champion of life. A breast cancer survivor, she continues to thrive and embrace life with God by her side. Love this.

Gwendolyn is a mother of 4 wonderful children Sonia, Tonia, Princess and her late brother Rudolph Jr.

We celebrate her strength, resilience, and unwavering spirit as she lives her best life. Congratulations, Gwen—you inspire us all!



# Sarah CHAMBERS

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MAGAZINE Honoree



Born on December 29, 1946, in Sumter, South Carolina, she grew up as the eldest daughter of James and Mary Grant. Her upbringing instilled a sense of strength and resilience, qualities that would guide her throughout her life's journey. After 32 years of marriage, she transitioned into a new chapter of life, now divorced, yet forever grateful for the blessings of her two beloved children, Pauline Peterson and Ronald Grant. Her family expanded with the arrival of five grandchildren and seven great-grandchildren, each adding joy and richness to her life.

Her path has been marked by extraordinary challenges. She has undergone a total of thirteen surgeries and survived six car accidents, each event further reinforcing her resilience. In 2021, she was confronted with one of her greatest battles—stage 2 breast cancer. However, her indomitable spirit saw her through, and within six months, she was declared cancer-free. Now, three years later, she continues to celebrate life, remaining healthy and cancer-free, a testament to her unwavering determination.

At 78, her passion for life is far from diminished. She remains active, both professionally and personally. Her love for music, particularly jazz and old-school hits, fills her days with joy, and she often finds herself dancing to the tunes she adores. Creativity flows through her as she works on writing her first books and has already penned two original songs, showcasing her talent and drive to pursue new endeavors, even at this stage in life.

Living in Charlotte, North Carolina, she continues to embrace every day with a spirit of gratitude and joy. Her story is one of perseverance, love, and a zest for life that remains as vibrant as ever.





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SCAN ME

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# Sincera HUTCHINGS GLAMHer MAGAZINE Honoree



Sincera Hutchings is one of the most remarkable women I have met. I met her over ten years ago and I have had the pleasure of doing ministry with her.

In February 2017, Sincera noticed a lump on her right breast. At the time, she was only 44 years old and had never had a mammogram. Sincera always had her yearly gynecological checkups and was diligent in monitoring her body for changes. After discovering the lump, she called her gynecologist (Dr. Charles Moses) to schedule an appointment. During the exam, he also found the lump. To my surprise, he wasn't concerned and thought it was just a milk duct. To ease my mind, he proceeded to schedule an appointment for me at a diagnostic center.

On the appointed day, Sincera arrived at the diagnostic center. After she was seated anxiously awaiting her appointment, she was called to come to the receptionist desk. At that time she was asked to pay a \$700 co-pay. At that moment, Sincera was contemplating leaving and canceling the appointment, after all, she thought that the lump was nothing. And besides, she was afraid of mammograms because of all the horrible things she had heard about the procedure. In Sincera's mind, she was wondering, "Why is this not free, especially if this is supposed to be done yearly?" After giving it some thought, she decided to pay the astronomical fee and have the mammogram; and a 3D ultrasound conducted.

After receiving a call from her doctor to come to his office on Monday, March 12, 2018. At that appointment, the doctor concluded that the mammogram and 3d ultrasound revealed a large malignant mass. Between March 12, 2018, and September 2018, Sincera had more mammograms, biopsies, surgeries, and radiation. In 2018, she went into remission and became cancer-free for five years. During that time, Sincera prayed, moved around more, started eating healthier, and cut sugar. All the things her oncologist said that would help to avoid recurrence of cancer. Surprisingly five years later, in October 2023 MD Anderson ran a test that revealed the cancer had returned. Sincera just completed, for the second time, chemo, surgery, and radiation. As Sincera navigated through her health challenges, I observed someone who has always encouraged others and never ceased to pray for anyone who called and needed prayer. Sincera is a single mother of an amazing God-fearing successful son named Tristan. Tristan graduated high as an honor student and college as an honor graduate. Tristan went on to graduate from Texas A&M School of Law in 2024. Tristan is now practicing law at a prestigious law firm in Southeast Texas.

Sincera is a native of Orange, Texas, and a retired lieutenant for the Department of Justice. She currently works as a Realtor in the Beaumont, Texas area. As a cancer survivor, Sincera attributes her strength and ability to overcome the obstacles of life to her strong faith in Christ and standing on His promises in the Word. The love of Sincera's life is her son, her family, and her dogs.

Sincera is a Certified Therapy Team, and she volunteers for the Pet Therapy Team at Baptist Hospital. Sincera is well-practiced in mediating and handling difficult situations while maintaining her reliability as a strong problem solver and resourcefulness.



**INSPIRATION  
FROM  
FRIENDS  
MATTER!!!**

# FRIENDS!!! *Matter*



FRIENDS FOREVER



HEALING THROUGH FRIENDSHIPS  
PRAYER & POSITIVITY  
MINDSET MATTERS  
CONVERSATION



## Great Conversation Is The Key

When facing the challenges of cancer, the power of great conversation can be transformative. Whether it's talking with loved ones, sharing thoughts with a support group, or simply having an open dialogue with yourself, communication creates connection, clarity, and comfort. It allows you to express fears, celebrate victories, and feel supported in moments of vulnerability. Through conversation, you can rediscover strength, find joy in shared stories, and ultimately realize you're never truly alone in the fight.

## Fun, Laughter, & Great Times

"Even in the midst of breast cancer choose fun, laughter, and great times! It's amazing how joy can shine through even the toughest moments. Whether it's sharing a laugh with loved ones or finding humor in the little things, Embracing every opportunity to live fully and enjoy life. Cancer may be a part of a person going through breast cancer's story, but it does not have to steal your happiness.

# FRIENDSHIPS MATTER

# Dr. Regina

# SIMS

## GLAMHer

MAGAZINE Honoree



Dr. Regina Sims is a dedicated educator with over 30 years of service across various districts in the Houston area. Renowned for her commitment to enhancing the lives of thousands of students and fellow educators, she currently teaches at the college level. Dr. Sims is an active member of several esteemed organizations, including Alpha Kappa Alpha Sorority, Incorporated, the Texas Council of Women School Executives, and the Houston, Texas, and National Alliance of Black School Educators.

Her leadership has been widely recognized; in 2020, she was named Principal of the Year by the Houston Area Alliance of Black School Educators, followed by the same honor from the Texas Alliance in 2022, and in 2023, she received the Outstanding Principal award from the Texas Black Expo.

A proud alumna of Prairie View A&M University and Walden University, where she earned her Doctorate in Educational Leadership, Dr. Sims is also passionate about global service. As a licensed missionary for 20 years, she dedicates two weeks each summer to assist underprivileged communities in countries such as Panama, Brazil, Cuba, Phillipines, South Africa, and many others. She believes that her mission to serve both locally and internationally is a divine calling. She is a faithful member of Mt. Rose COGIC, under the leadership of Dr. Ron Eagleton.

Dr. Sims is the CEO and founder of Literacy 4 Life, Texas, a nonprofit organization committed to promoting early literacy and providing diverse home libraries for families. She has been married to Downen Sims for 32 years and is the proud mother of two, Desmond and Aleyah. She credits her family's unwavering support and her faith in God as the foundation of her achievements. Her can-do attitude continues to inspire both scholars and educators, guided by the belief that "God is within her, she will not fail."



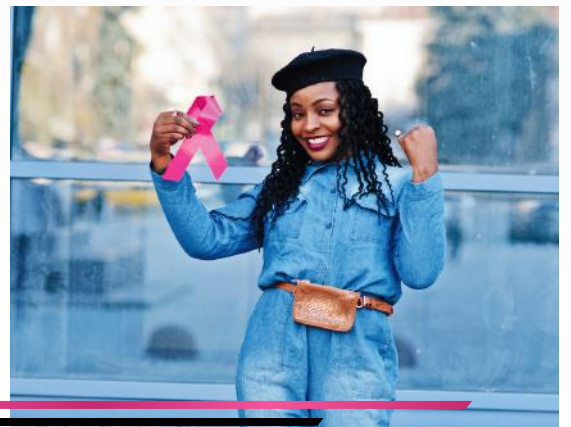
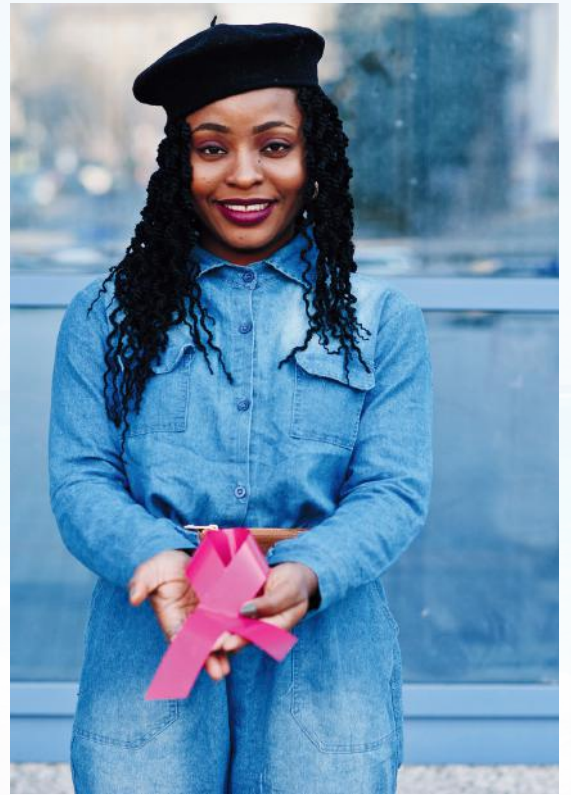
# THERE IS LIFE WHILE GOING THROUGH BREAST CANCER

By: Sonjia Pelton-Sam

Breast cancer is a life-altering diagnosis, but it doesn't mean that life comes to a halt. In fact, there is still room for joy, growth, and even empowerment amidst the journey. The challenges—physically, emotionally, and mentally—are undeniably real. However, there is also a unique opportunity to tap into an inner strength and support network that can make the experience one of resilience and purpose.

Many who go through breast cancer discover new facets of themselves. Whether it's a shift in perspective, a deepened appreciation for the present moment, or stronger relationships with loved ones, life continues to offer moments of beauty and connection. Activities that bring joy—whether it's reading a good book, gardening, or spending time with friends—can still provide a sense of normalcy and peace.

Breast cancer doesn't define you; it's a chapter, not the whole story. Embracing small victories, allowing support from others, and nurturing your well-being can make a difference in how this chapter is written. There is life while going through breast cancer—life filled with meaning, love, and hope.



GLAMHer

**YOU WIN!!!!**



# Dee CLOUD

GLAMHer  
MAGAZINE Honoree



## From Surviving to Thriving: My Mission to Empower Breast Cancer Survivors

At 35, I was diagnosed with stage 2 ductal carcinoma, and as a wife and mother of two, the news was devastating. I fought through the fear and uncertainty, determined to return to my family and life stronger than ever. But just three years later, at 38, I faced the unimaginable—a breast cancer recurrence. That moment changed me. It wasn't just about fighting for survival anymore; it was about finding a deeper meaning and purpose in my journey.

My second diagnosis was my wake-up call. I realized that my story wasn't just about me—it was about using my experience to inspire others. Cancer had taken me to the edge, but it also ignited a fire within me. I knew I was meant to do more than just survive. I was meant to thrive—and to help others do the same.

Today, I am living out that purpose as a breast cancer recovery strategist. I am passionate about helping women just like me transform their pain into power. Every breast cancer survivor has a story, and that story holds the potential to change lives, spark hope, and create lasting impact. When we share our journeys authentically, we give others permission to do the same. We lift each other up, creating a sisterhood of strength, resilience, and healing.

I've learned that sharing our stories can do more than inspire—it can influence and even create opportunities for income.

I believe that the challenges we face can be our greatest teachers. Through the darkest moments of my life, I found a light that now guides my mission to help other survivors live with purpose, joy, and confidence. Breast cancer doesn't have to be the end of your story—it can be the beginning of a new, empowered chapter. Together, we can take our stories and turn them into legacies of hope, healing, and triumph.

Breast cancer was a part of my journey, but it will never define my destiny. It is possible to live beyond the pain and beyond the trauma.





## 3 WAYS TO HELP FIGHT BREAST CANCER

### #3 – Lifestyle

While no lifestyle change can completely prevent breast cancer, maintaining a healthy diet, exercising regularly, and limiting alcohol consumption can reduce your risk. Encourage others to adopt habits that boost overall wellness, as a strong immune system plays a role in fighting various diseases, including cancer.

*By spreading awareness, supporting research, and encouraging healthy living, we can all take part in the fight against breast cancer. Together, our efforts bring us closer to a world without it.*

Breast cancer impacts millions of lives around the world, but there are proactive steps we can all take to contribute to the fight against it. Here are three effective ways to make a difference:

### #1 – Regular Screenings and Self-Exams

Early detection is key to improving breast cancer survival rates. Regular mammograms, clinical breast exams, and monthly self-checks are vital in catching the disease early when it's most treatable. Encourage your loved ones to stay proactive about their health and consult with a healthcare provider about when to start screenings.

### #2 – Donate or Volunteer

Donating to or volunteering with organizations that fund breast cancer research is an impactful way to contribute to the development of new treatments and potentially a cure. Charities like the Breast Cancer Research Foundation and Susan G. Komen or The Rose, use donations to advance medical research, raise awareness, and provide resources for patients.



# Kim MASON GLAMHer MAGAZINE Honoree



Kim Mason is the Executive Director of Women Cultivating Greatness. She experienced many of the pitfalls of how Dyslexia affected her life. Unlike many individuals who suffer in silence and eventually give up on any hope of normalcy, Kim crafted a successful system and taught herself how to navigate in a world that was confusing, one where she was labeled and discounted. Due to the shame associated with her learning disorder, she was determined to share her successful discoveries with other brilliant women who learn differently. Kim took a special need and made it her specialty - to offset the stigma associated with learning disorders. She hopes to help people see how to acquire success by moving from despair to success through incremental milestones. Women Cultivating Greatness continues to address a need of supporting women who learn differently but providing monthly classes, fundraising for more opportunities to grow and connecting with other organizations who assist with career preparation.

10 million children suffer with neurological disorders such as ADD, ADHD, or Dyslexia. At least 65% or more of children who have these neurological disorders continue to have symptoms during adulthood if ever. Even more, several children and adults are undiagnosed until late in adult life. Of those individuals, a large portion of individuals do not receive the testing, tools, or emotional support needed to manage these symptoms. Plus, with the onset of COVID, these symptoms have heightened causing further paralysis of mental stability for many of the 3% of adults who have ADD, ADHD or Dyslexia. Recent research has revealed two new discoveries not as pronounced as before: 1) There are more females who have neurological disorders. Female symptoms present differently than males. 2) Also, there is research which supports the suggestion that most individuals who have these neurological disorders often have one or more emotional instability such as depression, anxiety, and a constant sense of failure to name a few. Kim is a certified mental health coach and advocate for HAPPY Living!

Women Cultivating Greatness helps brilliant women who learn differently. You have found your tribe!

Luke 2:40 - The child continued to grow and become strong, increasing in wisdom and the grace of God was upon him.



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# Shal-Mar JOHNSON

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In December 2020, Shal-Mar was diagnosed with mastectic breast cancer, a moment that turned her world upside down. It was just before the holidays when she got the call from her doctor, and suddenly, everything she had planned for her life felt uncertain. The words "breast cancer" echoed in her ears as she sat in shock, her mind spinning with fear, questions, and disbelief.

But in the days that followed, something began to shift. Shal-Mar realized that this diagnosis, as terrifying as it was, was not going to define her. She remembered the women she had empowered over the years, the encouragement she had given them to rise above challenges, and it fueled a strength she hadn't fully recognized before. With that mindset, she began her battle.

She faced chemotherapy, surgeries, and countless medical appointments, all while holding on to her belief in the power of self-care, mindfulness, and resilience. On the toughest days, she would stand in front of the mirror and repeat the affirmations she knew so well, reminding herself that she was beautiful, strong, and capable of overcoming anything. These affirmations, once tools she used to help others, became her lifeline.

By the end of 2021, Shal-Mar had not only completed her treatments but had also begun to share her journey with her coaching community, speaking about the importance of mindset in the face of adversity. She used her experience to inspire women, reminding them that no matter what life throws their way, they have the power to overcome, to heal, and to thrive.

Her battle with mastectic breast cancer became more than a personal journey; it was a testament to her faith in herself, her work, and the message she had been spreading for years. This diagnosis may have been a part of her story, but it was not the end of it. Instead, it became the beginning of a new chapter—one of even deeper purpose and unwavering strength.



*Pam*  
**LLOYD**  
**GLAMHer**  
MAGAZINE Honoree



## MY CANCER JOURNEY

Pamela 's journey to becoming a breast cancer survivor involved chemotherapy, radiation, and surgeries. She says she had to do whatever it took to beat the disease. I was diagnosed with 5 different types of cancer in one breast. Yes being me is great. Five different spots but all were small. Two were estrogen receptors (ERs) size 1 and 2 mm one negative the other positive. Two were progesterone receptors (PRs) size 2 and 2 mm one negative one positive. And then there was that one which was aggressive. It has spread to nearby lymph nodes. Let me back up a little bit. And tell you how I found my cancer. I call it the C word. I had taken a mammogram a month few months earlier and my results were fine per my doctor. My insurance company said that they had a 3D imaging machine truck that was going to be located in our parking garage at work and if we would like to take one we could free of charge. Well I like messing around at work so I decided to take it. Took the test and it came back 7 subspecies spot in the left breast and five in the right breast. Went back to my gynecologist and showed her the results. Her answer to me was I quote "oh they are small and we will just watch them until next year." Being the type of person that I am, I went on my own and had an ultrasound and took it to my gynecologist and got the same answer again. So I went and had a Biopsy done and the results can back I had the C word. The first thing that they did was have me take a lot of tests . It's good when your friends are doctor and nurses. Next I was scheduled for surgery to remove both of my breast. My surgeon had put together a team of doctors that was going to handle my C. Before the surgery I was introduced to a plastic surgeon who going to implant breast in me. Sounds good to me until our first meeting. She told me all about the choices I had for my breast. Remember they are taking me fast. I chose implant. I had not been perky in years and I was going to get the chance to be perky again. So she told me to go to her website and look at her work. I did. Big mistake I thought. Went back to her office a couple of days later, and she asked me what I thought of her work. I called the poor lady a quack. She asked me why and I told her no person breast looked good to me. I also preceded to tell her it looked like one of those info commercial at late night. She couldn't believe I said that and proceeded to tell me I was wrong. Well lo and behold she couldn't believe her own eyes and said that unexceptionable, and I said you're telling me. Well to make along story short she has done surgery on me twice and I would tell anyone and have recommended her to many of people. And I am perky. I think I had the best oncology, I think he was made just for me. He really liked my attitude and said he wished he had more patients like me because it helps to beat the C word. Well so this wants be too long I try and hurry this up. I had five bags of chemotherapy's once every three weeks. Two of the bags could not be used in the light. It lasted so long that I stopped chemo and went to Paris (there was a period in time I didn't think I was going to make it). Can back completely chemo. Started radiation every day Monday through Friday for three months. Then a second round for chemo this time two bags, but had to stop because it was killing me. To sum this up I was in heart failure twice, hospital twice because some of those major organs were not functioning properly. In the ER too many times to count ( but the ambulance workers and firefighters were really good looking and nice) but thought it all I am a breast cancer survivor. Made a-lot of friends. Encouraged a lot and people and thank God every day for his goodness and mercy. I am still taking a chemo pill every day and about 8 other pills daily. I have no hair but I'm getting some back. But the best thing is I am getting my eyes brows.

# SERVING THE SERVANT DAY



## *Giving Back To Those Who Serve Others*

In 2018, the Diakonos Foundation established Serving the Servant Day to recognize and honor often-overlooked caregivers. This day aims to raise awareness about the sacrifices caregivers make and to express our gratitude with a gesture of appreciation. The Diakonos Foundation is committed to leading this initiative to celebrate and acknowledge the dedication of both current and former caregivers.

*A "diakonos" is someone who carries out tasks for the benefit of someone else.*



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# Kim PROVO

**GLAMHer**  
MAGAZINE Honoree



Hello,

My name is Kim Provo and im a Breast Cancer Survivor. My journey started with me feeling a lump up under my arm.

But thinking it was the deodorant I was using, except it grew larger in size. So I made an Appt. to see my Doctor,who then scheduled me for an ultrasound and biopsy. The test results revealed on August 19th,2019,i had Breast Cancer. I was then referred to an Oncology Team. I was then informed I had Stage 3 Estrogen Fed Receptor. Fast forward.I had many more tests.

I started 20 rounds of Chemo Treatments, ending with the last 4,being 2@ a time. Surgery 4-1-2021,the removal of 31 Lymph Nodes. Then 38 Radiation Treatments. My attitude was somewhat different from most,I already had a feeling that I had Cancer,so whatever process I needed to go through was fine with me. I've dealt with many side effects n some have remained. But im Very Thankful to God n a Supportive Family. Funny because I always wanted to start a garden ,Cancer made me do it.I started crafting n making wreaths,filling bags with Trinklets to give back. I meet once a month with a Sisterhood of Survivors, that I started to help with all of us coping with what was wealth to us. We eat,laugh and even cry sometimes. Im Blessed.



# Breast Cancer 6 Signs Of Early Detection

Early detection of breast cancer can significantly improve outcomes. Here are six signs to be aware of:



1. **Lump or Thickening**: A lump or thickened tissue in the breast or underarm that feels different from surrounding tissue.

2. **Change in Breast Shape or Size**: Any sudden change in the size or shape of the breast, especially if one side is affected more than the other.

3. **Nipple Changes**: Inversion, discharge (especially bloody), or peeling of the nipple or surrounding area (areola).

4. **Skin Changes**: Redness, dimpling, or puckering of the breast skin, sometimes resembling an orange peel (peau d'orange).

5. **Unexplained Pain**: Persistent pain in any part of the breast or underarm that doesn't go away.

6. **Swelling or Lymph Node Enlargement**: Swelling in the breast or armpit, even without a palpable lump, could be a sign of cancer affecting lymph nodes.

If any of these signs appear, it's crucial to consult a healthcare professional for evaluation. Regular self-exams and mammograms are also key for early detection.

**GLAMHer** 



# Ahmesha GRAHAM

**GLAMHer**  
MAGAZINE Honoree



Ahmesha Graham is a 26 year educator. She has served students as a Math Teacher, Math Instruction Specialist, Assistant Principal, Principal, Sr. Manager of Leadership and Development, Assistant Superintendent, and SMU Adjunct Professor. None of titles hindered the diagnosis of Stage 4 breast cancer. Having such a busy schedule with work and membership in Delta Sigma Theta Sorority, Inc, Houston Area Association of Black School Educators (HAABSE), Houston Association of School Administrators (HASA), Texas Council of Women School Executives, and the Links Inc. kept me from following up with appointments.

I had complained to my doctors for years about the level of fatigue I was experiencing. My white blood cell count has been below normal for over 4 years. When I questioned, "why and what are we going to do about it?", I was told, 'I don't know'. I had to seek help on my own by consulting other doctors, requesting CT Scans, and visits to specialists. All to no avail.

The symptoms of nausea, regurgitation, severe fatigue, headaches, dehydration, and body aches continued My help came in November 2023. I saw a hematologist who was also an oncologist.

He ordered a complete panel of bloodwork, mammogram, ultrasound, and I was to have a PET Scan. Prior to the PET Scan, he had enough information to order a biopsy.

January 2, 2024 I had the biopsy. I had to advocate for myself to get into MD Anderson. I was hospitalized on January 10 because the back pain was so severe. It caused a series of tests which revealed that the cancer was not only in my left breast but also in left lymph nodes, bone marrow and possibly on my lungs.

By the time I had my one on one appointment with my oncologist from MD Anderson, I was told this is not new. The symptoms I described should have raised flags. I was also told that I would have to be restaged because it was suspected that I had a higher stage than 2. By February, I was diagnosed with Stage 4.

I continue to be treated with oral chemotherapy to attack cells in different areas. My treatment is not cheap. I have had to stop working due to the fatigue because my employer refused to allow me to work the hybrid model.

My take aways while I continue to fight for my life is to take the time to take care of self and stay on top of your health care providers.

I'm still having to advocate with insurance companies and cancer assistance companies and organizations.

When I am able to ring the bell, I will be advocating for others. I know I will ring the bell and go into remission because God has said it to be so.





# The Orange Life

Healthy orange-colored veggies for your health.

**Orange vegetables have many following functions. Let's check them out.**

## **01. To fight against breast cancer in an early stadium**

Due to the retinoic acid from vitamin A, that can be found in sweet potatoes and carrots.

## **02. To increase our body immunity system**

The content of vitamin B6 found in carrots and pumpkins has a role in blood cell growth and protein metabolism. Moreover, this vitamin also helps our body's immunity system in producing antibodies to fight against any diseases/illnesses.

## **03. To protect our heart**

Studies show that high levels of alpha and beta-carotene can decrease or reduce the mortality risk caused by cardiovascular.

## **04. To protect our vision**

Studies show that high levels of alpha and beta-carotene can decrease or reduce the mortality risk caused by cardiovascular.

## **05. To increase beta-carotene**

Beta-carotene is one of the antioxidant substances that can be found in carrots, potatoes, and pumpkins.

*"Vegetables are a must on diet. I suggest carrot cake, zucchini bread, and pumpkin pie"*

**BY: J PATTERSON**

How many colors do you find in your meal? More than one or two, or even colorless? Didn't you know that based on some research, the color from vegetables and fruits can influence your health because the pigment from those natural colors is effective as an anti-cancer, for example.

I bet that the most common vegetables we know are the green ones. But, there are also beneficial and special merits we can get from orange vegetables, such as carrot, pumpkin, paprika, etc. Why?

***Not only pleasant visually, but they are also surely tasty. So, don't forget to put them on your daily diet. Stay healthy and stay safe, happy people!***

# Cynthia HOWARD

**GLAMHer**  
MAGAZINE Honoree



Ms. Cynthia Kaye Howard is a vibrant, loving, caring, and giving individual who embodies these qualities every day. A native Houstonian, Cynthia retired after a distinguished 36-year career as a library supervisor with the City of Houston Public Library. Her role provided her with the chance to connect with people from all walks of life, reinforcing her reputation as a true people person. She never meets a stranger and leaves a memorable impact on everyone she encounters, always starting with a warm smile and ending with a hearty laugh.

Cynthia's life, marked by various challenges, has also been filled with remarkable victories. She is a 24-year, two-time breast cancer survivor whose personal journey and love for others fueled her involvement with Angels Surviving Cancer Inc.

As a Charter member, Cynthia serves the organization with unwavering dedication as a board member and outreach chairperson. She is known for her boundless energy and her role as the vital link that keeps everyone connected. Cynthia goes above and beyond, maintaining regular contact with each member through cards and phone calls. She ensures that even the older members, who might struggle with digital communication, receive the support they need. Whether it's providing meeting information, running errands, or accompanying members to appointments,

In addition to Angels Surviving Cancer, Cynthia is also part of the national Community Emergency Response Team (CERT) where she faithfully serves in Precinct 1. CERT volunteers serve during times of crisis to include natural disasters. Cynthia has undergone extensive training and has been called upon to serve in various capacities.

Cynthia is always there—an angel on duty at all times





# SECRETS of the SISTERSHIP

Empowerment For Women & Girls



"Sistership is a journey that  
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**We Educate Sisters To Win In Life**

Use this section to talk about the characteristics of each of the listed items.

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Use this section to talk about the characteristics of each of the listed items.

CHANGE  
THE ST  RY

**We Change Lives 1 Sister At A Time**

Use this section to talk about the characteristics of each of the listed items.

**Contact Us:**  
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# Susan MOORE-FONTENOT GLAMHer MAGAZINE Honoree



Susan Moore-Fontenot, a resilient breast cancer survivor with an inspiring journey, is approaching 27 years of being cancer free. Her personal experience has fueled her belief in the transformative power of storytelling to uplift and empower others facing similar challenges. Encouragement is her superpower, and she welcomes the opportunity to help others believe in the power of God's healing and the importance of self-care.

Professionally, Susan serves on multiple boards, including the Lee College Board of Regents. Combining her love for community service and education, she blazed a trail 36 years ago as its first elected minority regent and is the college's longest serving regent. As Board Vice Chair, she advocates for students by ensuring college policies and practices support access and completion leading to employment or university transfer, especially for first generation college students. Susan was recently elected Chairman of the Board of the Community College Association of Texas Trustees (CCATT), a 403-member organization whose collective voice fosters student success and ensures excellence in community colleges. Nationally, she was elected to serve on the Association of Community College Trustees (ACCT) Board. She is often a featured speaker at its national congress regarding community college governance and trustee education. Also, Susan serves on the Goose Creek CISD Education Foundation Board.

A proud 49-year member of Delta Sigma Theta Sorority, Inc., Susan actively contributes to her community by serving on the Scholarship Committee and Policies and Procedures Committee. In 2019, she answered the call to serve on the steering committee that chartered the East Harris Chambers Liberty County Alumnae Chapter then served as the chapter's first Financial Secretary. A lifetime member of the Top Ladies of Distinction, Inc., she holds the office of Financial Secretary for the Baytown Chapter. She chairs the TLOD Scholarship Committee where she helps students successfully matriculate to college. Additionally, Susan serves as the Education Chair for the Baytown Pilot Club and leads the scholarship selection process along with educating young students about traumatic brain injury. Because of her commitment to servant leadership and community engagement over the decades, she was honored with the Presidential Volunteer Service Award.

Alongside her advocacy work, Susan built a distinguished 38-year career in public education. With 22 years of progressive experience across all Human Resource Management functional areas, she's hired thousands of employees. Throughout her career, Susan has specialized in people strategy development, change management, program leadership, and workforce planning. Her skills in executive coaching and organizational effectiveness have made her a trusted consultant in HR operations, employee relations, and communications. She has 15 years as a community college adjunct instructor.

Additionally, Susan is a devoted 37-year member of Wheeler Avenue Missionary Baptist Church, where she serves on the Deaconess Board, Courtesy Corps and Cancer Ministry. She is also the proud mother of one son. With her extensive background and unwavering dedication to both her family, profession and community, Susan continues to inspire those around her, demonstrating that challenges can lead to incredible opportunities for growth and connection. She is committed to living life on purpose and helping others along the way



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# Sarah HERRING

**GLAMHer**  
MAGAZINE Honoree



A native of SE Washington, D.C., Mrs. Sarah Herring launched her Full-Scale Global Boutique, HandBagsULike, in 2001, known as Fashion IMPACT By HandBagsULike. In 2016, Sarah and Demetrius Herring Sr. launched their nonprofit organization, The IMPACT Experience. She served as Executive Director and was centered on helping women and families marginalized by domestic abuse, homelessness, human trafficking, and other life-challenging situations.

Since the inception of her nonprofit organization, The IMPACT Experience, Sarah worked to build and create more affordable housing options for those in need nationwide through her real estate investment and development company RealtyULike. Recognizing the need and opportunity to provide the Federal Government with goods and services, Sarah pivoted to HBUL Services. Through the collaboration of all service-based initiatives, Sarah has collectively operated The IMPACT Experience Global CDC, which caters to building affordable housing, job training, global sourcing, business scaling, and community development and expansion, to name the least.

Through powerful partnerships, sponsorships, and continual relationship building, the CDC has developed a team and is expanding exponentially. Sarah received numerous awards, proclamations, and citations from our 42nd President of The United States, Bill Clinton; 49th Vice President of the United States, Kamala Harris; U.S. Representative Frederica Wilson, Washington, D.C. Mayor, Sharon Pratt Kelly, Houston Texas Mayor, Sylvester Turner, Washington, D.C. Council Member, Kevin P. Chaves, and New Orleans Council Woman, Cyndi Nguyen (District E), Community Achievement Award from Congresswoman Shelia Jackson Lee, Lifetime Achievement Award from Joe Biden, to name a few. In March 2022, Sarah was awarded an Honorary Doctorate in Humanities from Leaders Esteemed Christian University.

Sarah will always be remembered as a person who loved and helped others in need.

*In  
Loving  
Memory*



The IMPACT Experience



*Former  
Breast Cancer  
Fighter*



# With Love

**KIM ROXIE**

**REMEMBERING:  
MOM LORETTA WIGGINS**

**GLAMHer**  
**MAGAZINE Honoree**



As I reflect on the profound impact my mother had on my life, I am reminded of her unwavering strength and boundless love. She fought bravely against breast cancer, a battle that ultimately took her from us, but her spirit continues to inspire me every day.

In her memory, I have dedicated myself to advocating for breast cancer awareness and prevention, particularly within the African American community. As the founding chair of The Rose Foundation's African American Women's Initiative, I have sought to honor my mother's legacy by ensuring that no woman has to face this disease alone.

Through our efforts, we have raised \$160,000 to promote breast cancer awareness, funding initiatives that provide uninsured African American women access to mammograms and vital screenings. Each dollar raised represents not just funds, but hope and a commitment to making a difference in our community.

My mom taught me the importance of compassion and action, and I carry her lessons in my heart as I work to create a world where every woman has the resources she needs to fight this disease. Her love fuels my passion, and I am dedicated to ensuring her legacy lives on through every life we touch.

In memory of my mom, I pledge to continue this vital work, advocating for awareness, access, and change. Together, we can honor those we have lost and uplift those still fighting, because every woman deserves a fighting chance.

*In Loving Memory*



*Former  
Breast Cancer  
Fighter*

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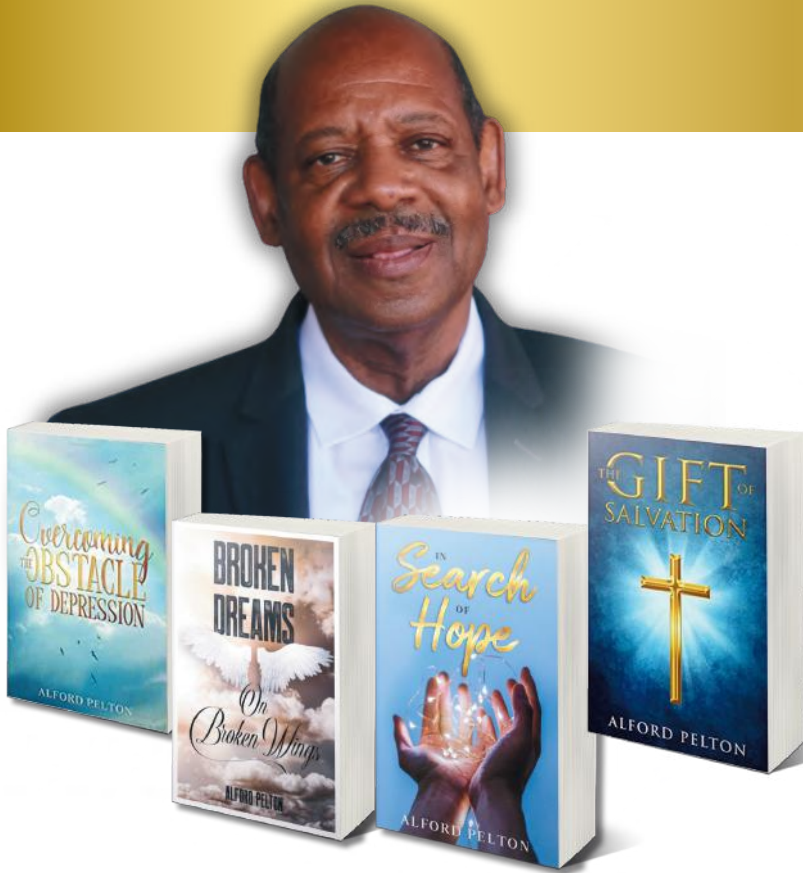


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*In Memory Of The  
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GLAMHer Magazine honors and cherishes the beautiful souls we've lost to breast cancer. Their memories inspire us every day. Together, we share stories, celebrate lives, and support each other in this fight.

Let's empower one another to prioritize our health—early detection can save lives. By teaching and encouraging women to get checked, we take a stand against this disease, one life at a time.

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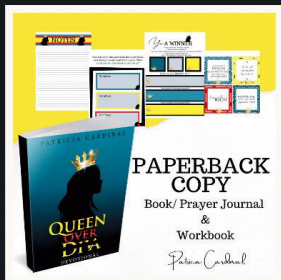
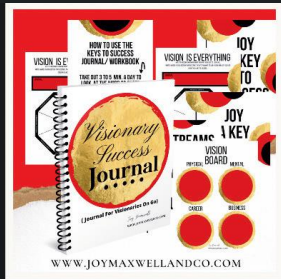
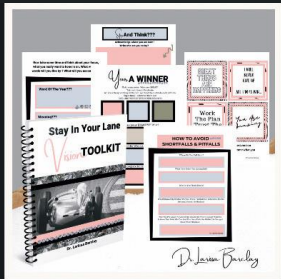
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*Sonjia Pelton-Sam  
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