

M.O.V.E. FORWARD!



SO VERY
thankful
INCREDIBLY
grateful
UNBELIEVABLY
blessed

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

November is an excellent time to invite friends and make the switch to Slack.



Participate in our
M.O.V.E.

*Monthly
Challenge*



Visit RWHW&Y Website/

November 2023 M.O.V.E. Forward! Magazine

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



HELLO
November



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

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

Director, Dr. Crawley

52 Slack Members!

THE WORD OF THE MONTH IS CORNUCOPIA

Around Thanksgiving in the United States, you'll often see cornucopias or horn-shaped baskets filled with fruit and other goodies as centerpieces. Originally, a cornucopia was a goat's horn filled with corn and fruit to symbolize plenty. (vocabulary.com).



November 2023

M.O.V.E. Forward!

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Real Women Helping Women & Youth Programs



Join Our 2nd M.O.V.E. Turkey Trot!



A RWHW&Y Program



5K+ Run, Walk, or Jog Fundraiser!
November 23, 2023
Anywhere, Any City

M.O.V.E. your body and join our virtual Turkey Trot fundraiser event!
Open to all fitness levels and ages.

Register Now



Why Should You Participate?



SUPPORT A WORTHY CAUSE

100% of funds raised go towards our programs focused on empowering women and youth.

PROMOTE FITNESS AND WELL-BEING

Participating in our Turkey Trot is an excellent opportunity to stay active, challenge yourself, and improve your fitness.

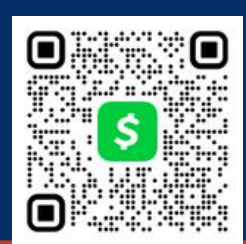
RULES

- Register and complete at least a 5K (3.1) miles on November 23, 2023
- Donate at least \$50 and you will receive our 2023 Turkey Trot Medal!
- Donate by sharing this on your social media, with friends, etc.

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Your support is appreciated!
realwomenhelpingwomen@gmail.com

Let's keep M.O.V.E.ing!

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

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A Heartfelt Thanksgiving Message from Real Women Helping Women & Youth

Dear Valued Members, Advertisers, and Supporters,

As we gather around our tables filled with gratitude and warmth, we want to take a moment to express our heartfelt thanks to each and every one of you. 2023 has been a remarkable year for Real Women Helping Women & Youth, and it wouldn't have been possible without your unwavering support.

To Our Members

You are the heart and soul of our organization. Your dedication, resilience, and commitment to empowering women and youth have inspired us every step of the way. It's your passion, vulnerability and determination that drives our mission forward, and for that, we are truly thankful.

To Our Advertisers

Your partnership and generosity have played a vital role in our success. Through your support, we have been able to reach wider audiences, raise awareness, and make a meaningful impact in the lives of countless individuals. Your belief in our cause is a beacon of hope for those we serve.

To Our Supporters

Whether you've volunteered your time, donated resources, or simply shared our message, your contributions have not gone unnoticed. Your belief in our mission and your willingness to stand by us have made a difference in the lives of those we support.

Together, we have achieved incredible milestones in 2023. We have empowered women to overcome obstacles and created a community of strength and support. This Thanksgiving, we reflect on these achievements with immense gratitude.

As we look ahead to the future, we do so with hope and determination. Our commitment to our mission remains unwavering, and we are excited about the possibilities that lie ahead.

So, from the bottom of our hearts, we wish you a Thanksgiving filled with love, laughter, and the warmth of cherished company. May your tables be abundant, your hearts be full, and your spirits be uplifted.

Thank you for being a part of the Real Women Helping Women & Youth family. Together, we can continue to make a positive impact on the world.

With heartfelt gratitude,

**Paulene, Deshia, Lurene, Mechelle, LaKeissa, Carmen, Zakkiyya
Real Women Helping Women & Youth, Nonprofit Organization's Board of Directors
realwomenhelpingwomen@gmail.com**

HELPFUL TIPS

To help you get through the Thanksgiving holiday, our Slack community members shared the tips below.

COOKING TIPS

- Add vegetable broth to recipes instead of water. Ex: collard greens, casseroles, etc.
- Add pineapples (crushed or chunky) to sweet potato fluff or casserole.
- Include brown sugar, vanilla, and cinnamon to your cheesecake batter.
- If you find yourself eating alone, remember that you are not alone. Have fun cooking and enjoy your meal.
- Season your meats early.
- Cook your veggies the day before.
- Add pudding to pineapple upside down cake.
- Cook the turkey breast side down and flip the last 30 minutes to crisp the breast skin or broil for 10-15 min.

PREP TIPS

- Hire someone - if you can afford it.
- Shop early to avoid crowds and be able to find what you are looking for - the shelves empty fast.
- Support your community and order food and desserts early.
- Shop online.
- Don't be a superwoman, ask for and accept help.
- Prepare your cookie dough in advance, roll into individuals, and freeze, allows you to take out individual cookies for baking (submitted by LaKeissa)
- Clean/soak your collards and make sure they are thinly cut before cooking. If the water is still green after soaking you need to do it again.





Try Something New

Recipe Suggestions

Thank you to everyone who sent the recipes shared below.

Coffee Creationz



Ingredients:

- Coffee
- Hot Chocolate
- Cappuccino Mix
- Vanilla
- Salted Caramel
- Cinnamon
- Caramel Syrup
- Chocolate Syrup
- Strawberry Syrup
- Whipped Cream
- Marshmallows

Directions:

1. Make a cup of coffee and add all ingredients or your choice
2. Top with whipped cream or marshmallows
3. Top with a syrup(s)

If you are counting calories, use the zero calorie options.

If you prefer iced coffee, add a little ice before topping with whipped cream and syrup.

Create a coffee station and keep the brews warm in a crock pot if you are expecting a large number of guests.

HAPPY
Thanksgiving



Try Something New

Recipe Suggestions

Loni's Hot Buffalo Dip

Ingredients:

- 2 - 8 oz. packages of Philadelphia Cream Cheese
- 8 oz - Frank's hot sauce
- 1 cup - Ken's Blue Cheese Dressing
- 1 cup - shredded chicken breast
- 1 cup - cheddar cheese
- 1/2 cup - mozzarella cheese
- 1/2 cup - parmesan cheese



Directions:

1. Preheat oven to 375 degrees
2. Mix the 3 cheeses together
3. Mix cream cheese, blue cheese, hot sauce and half the cheese from step two together
4. Put in a square pan and sprinkle remaining cheese on top
5. Bake for 30-minutes on 375 degrees in the oven
6. Dip with Tostitos Scoops! or Doritos

Enjoy!

Happy Thanksgiving



Try Something New

Recipe Suggestions

Thank you to everyone who sent the recipes shared below.

Easy Sausage Bite Appetizer



Ingredients:

- Crescent Rolls or Biscuits
- Cream Cheese (softened)
- Ground Sausage of choice w/seasoning
- Muffin Pan - minis are best for larger quantities

Directions:

1. Coat muffin pan with your choice of nonstick spray
2. Roll dough until flat
3. Cut pieces of dough to fit in and slightly over muffin slots
4. Mix cream cheese and ground sausage in bowl
5. Spoon mixture in each slot
6. Dough can be folded over sausage
7. Bake until dough is brown

Additional Ingredients

- Cheese
- Eggs
- Bacon
- Tomatoes
- Onions

Note: The amount of dough, sausage, and seasoning with the rolling, mixing, and baking is to your preference.



Try Something New

Recipe Suggestions

LaKeissa's Shepherd's Pie



*Happy Thanksgiving
to you and your family*

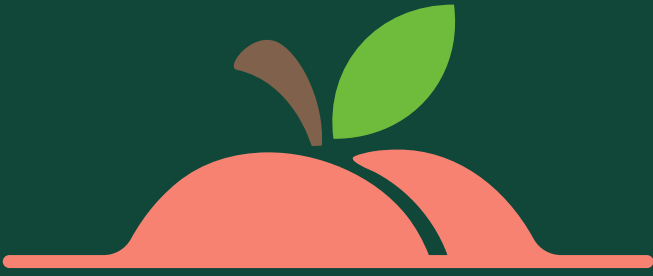


Ingredients:

- Potatoes
- Butter & Milk (make mashed potatoes)
- Ground Turkey
- Seasonings of you choice
- Peas, Carrots, Onion, & Chopped Garlic
- Gravy
- Cheese

Try Something New

Recipe Suggestions



Loni's Peach Custard Pie



Ingredients:

- 2 - 8 inch unbaked pie shells
- 1 - large can of peaches
- 2 - cups of sugar
- 4 - tablespoons melted butter
- 6 - medium eggs beaten lightly
- 1 - tablespoon vanilla

Directions:

1. Preheat oven to 350 degrees
2. Pour juice off of peaches and dry them with a paper towel (try to get as much juice off as possible)
3. Mix sugar, butter, eggs, and vanilla in a medium bowl
4. Arrange peaches in a swirl pattern on the bottom of pie shells
5. Pour mixture over peaches
6. Bake 50-minutes at 350 degrees
7. Pie will look brown and crusty on top and center should be set and peaches tender when pierced with a fork.
8. Refrigerate when cool.



Enjoy!

Try Something New

Recipe Suggestions

Carmen's Chocolate Chip Cookies

Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 1/2 teaspoon nutmeg (optional)
- 1 cup softened butter
- 3/4 cup packed brown sugar
- 3/4 cup all natural sugar
- 3 teaspoons pure vanilla extract
- 2 large eggs
- 12-oz package semi-sweet chocolate morsels
- Chopped Nuts (optional)
- Heath Bar Toffee (optional)

Directions:

1. Preheat oven to 375 degrees
2. Combine dry ingredients in a bowl - flour, baking soda, salt, cinnamon, nutmeg and set aside
3. In a different bowl, mix sugars and butter until creamy
4. Add eggs and mix well
5. Gradually add dry ingredient mixture and mix well
6. Continue using mixer to mix in nuts and toffee (optional)
7. Place on ungreased cookie sheet and leave space for expansion
8. Bake for ~10 minutes and should be a golden brown
9. Cool for a couple of minutes and then move to a wire rack until completely cooled
10. If cookies get hard, place a piece of bread in the container and they will soften up.



Try Something New

Recipe Suggestions

Carmen's Oatmeal Cookies My Way

Ingredients:

- 1 -1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 3 cups Quaker Oats (uncooked)
- 1 package Craisins or Raisins
- 1 package Heathbar Toffee bits
- 1 cup softened butter
- 3/4 cup packed brown sugar
- 1/2 cup all natural sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract

Directions:

1. Preheat oven to 350 degrees
2. Combine dry ingredients in a bowl - flour, baking soda, salt, cinnamon, and set aside
3. In a different bowl, mix butter and sugars until creamy
4. Add eggs and mix well
5. Gradually add dry ingredient mixture and mix well
6. Continue using mixer to mix in oats
7. Mix in Craisins or Raisins
8. Mix in Heathbar Toffee bits
9. Place on ungreased cookie sheet and leave space for expansion
10. Bake for ~9 minutes and should be a light golden brown
11. Cool for a couple of minutes and then move to a wire rack until completely cooled
12. If cookies get hard, place a piece of bread in the container and they will soften up.

HAPPY
THANKS
GIVING

Try Something New

Recipe Suggestion

Click the photo for directions on how to make a version of
Patti Labelle's Banana Pudding

The Best Banana Pudding You'll Ever Taste

Banana pudding is wonderfully rich and creamy, with moist vanilla cake, sweet bananas, and velvety pudding layers.



Try Something New

Recipe Suggestion

Click the photo for directions on how to make a version of
Brown Butter Pecan Chocolate Chip Cookies

Let me tell you the plate was CLEAN before our company left 🙌



*Grateful,
Thankful and Blessed*

Happy Thanksgiving



"Thanksgiving Dinner for One Can Be Fun"

**IN A COZY LITTLE CORNER, A TABLE SET FOR ONE,
I PREPARE FOR THANKSGIVING, A FEAST THAT'S JUST BEGUN.
THOUGH SOLITUDE SURROUNDS ME, THERE'S JOY WITHIN MY HEART,
FOR A THANKSGIVING DINNER FOR ONE CAN BE A WORK OF ART.**

**THE TURKEY, GOLDEN-BROWN, TAKES CENTER STAGE WITH PRIDE,
ITS AROMA FILLS THE ROOM, INVITING ME INSIDE.
WITH ALL THE FIXINGS NEARBY, FROM STUFFING TO CRANBERRY,
I SAVOR EACH INGREDIENT, FOR MY OWN COMPANY.**

**A SINGLE CANDLE FLICKERS, CASTING A WARM GLOW,
AS MEMORIES OF LOVED ONES IN MY HEART DO FLOW.
I RAISE A GLASS OF GRATITUDE FOR BLESSINGS I'VE RECEIVED,
FOR THIS THANKSGIVING DINNER FOR ONE IS WHAT I'VE ACHIEVED.**

**THE MASHED POTATOES CREAMY, A MOUNTAIN I CREATE,
AND GREEN BEANS WITH ALMONDS, A SIDE I CELEBRATE.
PUMPKIN PIE AWAITS ITS TURN, A SWEET AND SPICY DELIGHT,
FOR THANKSGIVING DINNER FOR ONE IS A SPLENDID, COZY NIGHT.**

**I COUNT MY MANY BLESSINGS, AS THE HOURS SLIP AWAY,
FOR GRATITUDE AND SELF-LOVE MAKE FOR A PERFECT DAY.
WITH A HEART THAT'S FULL AND THANKFUL, I ENJOY MY FESTIVE FARE,
THANKSGIVING DINNER FOR ONE, A TIME TO SHOW I CARE.**

**SO IF YOU FIND YOURSELF ALONE, ON THIS SPECIAL DAY,
REMEMBER, IT'S A CHANCE TO CHERISH IN YOUR OWN SWEET WAY.
A THANKSGIVING DINNER FOR ONE CAN BE A JOYFUL TUNE,
A CELEBRATION OF SELF-LOVE BENEATH THE AUTUMN MOON.**

THANKSGIVING STORY TIME!

A fun way to connect virtually with family and friends during the holidays is to start a holiday story and ask others to contribute to the story throughout the day.

Below is the start of a story that you can post on your social media or family page.

Our family's 2023 Thanksgiving Story. This year as we miss family and friends, we can continue to use social media to come together and create a Thanksgiving story. If everyone participates we should have a great story by the end of the day.

The title of the story is "*Pumpkin Heads Favorite Thanksgiving.*" Add to the story throughout the day - hopefully everyone will have fun participating and all of the family will contribute to the story by the end of the night. Post the beginning of the story and follow along throughout the day...

PUMPKIN HEAD spent days dreaming about the turkey and good food that was going to be gobbled up on Thanksgiving day. On Thanksgiving morning Pumpkin Head discovered the turkey was still frozen!



“I know you’ve been hurting deep down inside, let me encourage you It’s going to be alright Troubles and trials Come to make you strong Keep on believing You keep holding on” - God’s got a Blessing - Norman Hutchins
I’m always Grateful for another chance to share my testimony; today marks my 4th year in remission and that is something I don’t take lightly; remembering the test I went through to come out on the other side, I’ll forever be humbled and I know it was God’s grace and mercy and the amazing love and support from my family and friends that got me through, I also want to give a special “Thank You” to Teresa Marie for going through this with me from the first time when I asked about doing a Cancer photo shoot (when I showed up I didn’t wear my head wrap because I knew if I had I would not have taken it off, but once I saw those pictures I was so happy I had the courage and confidence to do it) till now and always making my vision shine through.



#PhotoFairy#survivor#stronger



Photo by

Teresa Marie
PHOTOGRAPHY

#photofairy

✈️ A Glimpse into My Unforgettable Study Abroad Journey! 🌍🌸🇬🇷

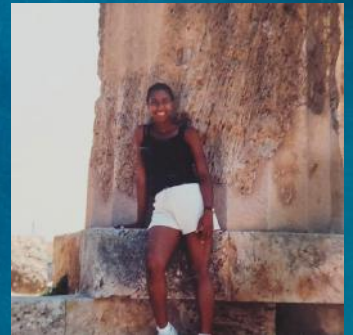
I am immensely grateful for the incredible opportunities my parents blessed me with - not just one, but THREE study abroad experiences! ✨ Studying abroad turned out to be one of the best things that ever happened to me, as it opened my eyes to the world and fostered a deep appreciation for the beauty of different cultures.

One of my study abroad experiences took me on a remarkable adventure to Greece. 🇬🇷 For three incredible weeks, I immersed myself in the rich history and breathtaking landscapes of this ancient land. From exploring awe-inspiring ruins to discovering hidden gems on the Greek islands, every moment was a treasure.

🌸 The vibrant flowers and stunning scenery of Greece captivated my heart. The vivid colors and fragrant blossoms added an extra touch of magic to my journey. I couldn't help but be in awe of the natural beauty that surrounded me.

🌟 Thank you, Greece, for being an integral part of my study abroad story! This experience has forever shaped my perspective and ignited a passion for exploration and cultural understanding.

🔍 Stay tuned for more sneak peeks from my study abroad experiences. Make sure to follow [Brannon Files](#). 🌍✈️





Decorating your dining table for Thanksgiving can be a fun, easy, and a creative project. Read on for a few suggestions.

Choose a Color Scheme that embodies the warm and cozy feeling of Thanksgiving. Traditional colors like deep reds, oranges, yellows, and earthy tones work well. You can also incorporate metallic accents like gold or copper for an elegant touch.

Choose a Tablecloth or Table Runner that matches your color scheme. Dollar stores have great selections and you can wrap all of your trash at the end of the meal and dump it in the garbage very easily.

Centerpiece or table decor could be candles, vases filled with colored water and flowers, pine cones, gourds leftover from halloween, anything that matches your color scheme. Other decorations could be faux foliage scattered around the table,

Pay attention to the little detail and apply your final touches by assessing your table's appearance, walk away and come back a few minutes later. Does everything seem to be balanced and inviting?

Remember that Thanksgiving is about giving thanks, and if possible, coming together with loved ones. The table decor should enhance the sense of warmth and togetherness, so don't stress too much about achieving perfection. Have fun and enjoy the process of creating a beautiful and inviting Thanksgiving table.



Crafting by Carmen

This is a collage of our Fall decor that I bring out every year. I love crafts and made them over the years. They can be done at family events and with our Real Women Helping Women group during art therapy sessions.

Hubby and wife hand prints as leaves. I believe I drew the tree first, I don't think it matters if you do the hands or the tree first.



Two wine glasses turned upside down, painted as him and her pumpkins, with candles on top.



Diamond Art



Table Runner, with bowl of fall colored balls, and paper placemats for easy cleanup.

I'm giving myself a pat on the back and telling myself "thank you for being so awesome!"



Art Therapy

Write a thank-you note to yourself for being the best version of yourself in every moment.

Remember to take a moment to appreciate yourself and celebrate your accomplishments. Jotting down a quick thank-you note to yourself can be a simple yet powerful way to boost your self-esteem and cultivate a positive mindset. By acknowledging your hard work, dedication, and progress, you can stay motivated and focused on achieving your goals. So take a moment to pause, reflect, and express gratitude for the amazing person you are and all that you have accomplished so far.

Then... put a stamp on it and mail it to yourself!

SELF-DISCOVERY

**Through twisting roads and pounding hearts.
Discovering yourself is a sacred art.
Uncovering your strength is a brand new role.
Take your time and do not let it take a toll.**



I am grateful for

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS



in November

Practice GRATITUDE



“There is something about a holiday that is not about how much money you spend!”

BUDGETING FOR THE HOLIDAYS

Happy Holidays from Real Women Helping Women & Youth!

Step 1:

Review your finances and determine how much you are willing to spend without going into debt.

Step 2:

Create a list of names of which organizations and people you intend to spend money on gifts.

Step 3:

Determine if you are going to purchase a gift, donate money, or make a gift for those on Step 2, your list.

Step 4:

Align your finances and list from steps 1 and 2. If you have exceeded your budget, you must keep rebalancing until you break even or spend less than intended.

Step 5:

Have fun finding gifts, making them, and giving them away. Remember to be kind, give graciously, and be grateful, because it is the thought that counts.

WARM GREETINGS



The way you spend your holidays matters more than how much money you spend on them.



If you do not take your finances seriously, you may never have serious wealth.

Tip:

Start making purchases with a credit card that offers cash back.

Put those savings to good use by going shopping during the holiday season.



Have a
fantastic day,
and share the
joy with
someone else.

It's November. Have You Completed Your Annual Health Exams?

If you have not done so already, make it a priority to schedule your comprehensive health checks before the end of November. These screenings can help detect potential health issues early, maximize insurance benefits, provide peace of mind during the holidays, and assist you in making plans for a healthier New Year. Encourage your family members to prioritize their health as well. Taking care of your health is a gift you can give to yourself and those who love you.



When it comes to health, it's crucial that women get regular checkups. Early detection of breast cancer, cervical cancer, and osteoporosis relies on regular screenings and tests.



Comprehensive Check-Up Checklist

Consider scheduling the following health checks before the year ends:

- **Annual Physical:** A comprehensive examination by your primary care physician.
- **Mammogram:** For breast cancer screening, if you're over 40 or as recommended by your physician.
- **Pap Smear:** To screen for cervical cancer.
- **Bone Density Test:** Especially important for postmenopausal women to check for osteoporosis.
- **Blood Pressure and Cholesterol:** To monitor heart health.
- **Dental and Eye Exams:** Don't forget about your oral and visual health.



Getting health checks before the holiday season can reduce stress and provide peace of mind, allowing for a more enjoyable holiday experience.

Your health is your most precious asset, and taking care of it is a gift you give to yourself and those who care about you. Don't let the year end without ensuring you've addressed your health needs. Schedule your health checks today, and step into the new year with confidence and well-being. Your future self will thank you.



SAFETY REMINDER: CHECK YOUR HOME DETECTORS

A Brief Overview of GivingTuesday and Real Women Helping Women & Youth

On November 28th, people around the world celebrate GivingTuesday, a global movement that began in 2012 as a call to action for individuals to do good. Today, GivingTuesday is a year-round movement that encourages millions of people to give, collaborate, and celebrate generosity worldwide. One organization that embodies this spirit is Real Women Helping Women & Youth, a 100% volunteer-run 501(c)(3) dedicated to providing educational programs and resources for women to improve their lives through networking, reading, health, wellness, mental focus, and communicating with the youth.

Your donation helps our organization pay for technical resources and supplies.

Please help us reach our goal by choosing Real Women Helping Women & Youth as the organization you donate to on Giving Tuesday!

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 Donation: Facebook may offer to create a birthday fundraiser in your News Feed prior to your birthday. Select Real Women Helping Women & Youth to notify your friends to donate in honor of your birthday!

Sanctuary Girl: 15% of your order is donated to Real Women Helping Women & Youth. Shop here <https://sanctuarygirl.com/RWHWYFundraiser>.

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



Veterans Day: Honoring All Those Who Served in the Military

It was first observed on November 11, 1919, as Armistice Day in honor of the first anniversary of the end of World War I, which officially ended on the “eleventh hour of the eleventh day of the eleventh month” in 1918.

Social Connectedness



Social connections for self-healing refer to the meaningful relationships and interactions one fosters with others to promote emotional well-being and personal growth. These connections involve building and maintaining positive relationships with family, friends, peers, and community members. The support and understanding received through these relationships can contribute significantly to an individual's ability to cope with challenges, recover from stress or trauma, and experience a sense of belonging.

Social connections for self-healing can involve open communication, active listening, empathy, and mutual support. These connections provide opportunities for sharing experiences, receiving encouragement, and offering assistance during difficult times. Engaging in healthy social interactions can have a positive impact on mental and emotional health, helping to reduce feelings of isolation, depression, and anxiety. As a result, social connections play a crucial role in the process of self-healing and personal well-being.

WOMEN ARE INVITED

Join our Slack Community!

Join our Slack Community to build social connections and engage in meaningful interactions with others, thereby fostering emotional well-being and personal growth. You will have opportunities to experience open communication, empathy, and mutual support, which will help you feel less isolated and have a sense of belonging being with a group of women who are supportive and understanding.

Real Women Helping Women & Youth
INVITES WOMEN TO
Join us on Slack!

Everything is in one place!

- Access to our four programs (O.W.L.s, M.O.V.E., RWHW, MyKidz Creationz)
- Assessments
- Professional Development Opportunities
- Group Interactions and Networking
- View our Magazines
- Complete Surveys
- Provide Feedback

November M.O.V.E. Gratitude Challenge!

Rules

Complete any of the following activities during the month of November.

- Ride a bike for ~30 minutes
- Complete a marathon
- Spend ~15 minutes outdoors
- Tag someone in the group
- Submit to our magazine
- Donate on Giving Tuesday

Your entries will be recorded throughout the month. On December 1, a random amount between 1 and 6 will be assigned to each activity, which may increase your overall total.

@December 1, entries will go into a random drawing for \$50.



A Real Women Helping Women & Youth Program

M.O.V.E.
Gratitude Activities
For November

HELLO!
Tag another member that you do not know and say hello!

Complete a 3k, 5k or 10k marathon

Donate on Giving Tuesday November 28!

Ride a bike for at least 30 minutes

Spend ~15 minutes in the outdoors appreciating nature

Submit something for our December issue

M.O.V.E. FORWARD!



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[Schedule an Appointment](#)



THE HOME COLLECTION



ENDEARING



EMPOWERING

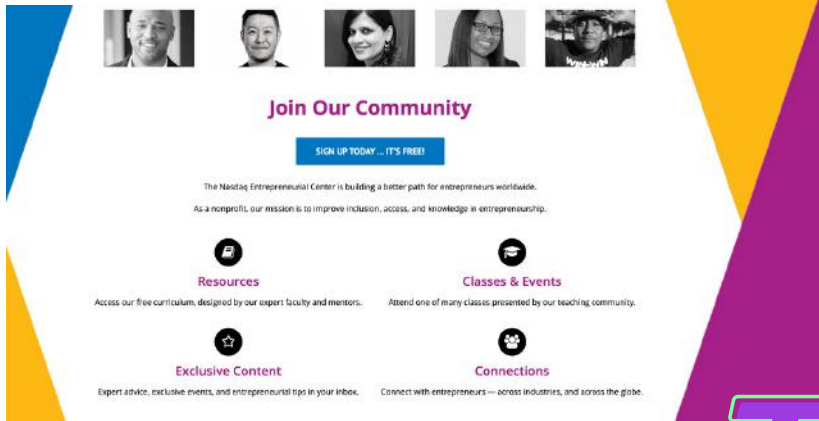


ENCOURAGING



All orders support our
Real Women Helping
Women & Youth programs

I AM





A CIRCLE SISTER

I am grateful for the opportunity to be a Nasdaq...

Entrepreneur Graduate and Mentor.


MENTOR MAKERS
 A global exchange of knowledge and experience in support of entrepreneurs
[JOIN THE MOVEMENT >](#)


CLASSES
 Register for free classes and events held weekly at the Center.
[ATTEND A CLASS >](#)


COMMUNITY
 Connect with like-minded entrepreneurs and mentors across the globe.
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DR. C.

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

Browse previous issues of M.O.V.E. Forward! by clicking on the cover. Submissions are due by the 24th of the month.



OCTOBER 2023



SEPTEMBER 2023



AUGUST 2023



JULY 2023



JUNE 2023



MAY 2023



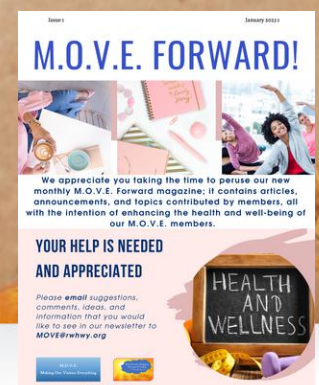
APRIL 2023



MARCH 2023



FEBRUARY 2023



JANUARY 2023

RWHW (Real Women Helping Women - our support group



Women are invited to join our Slack community and participate in our Real Women Helping Women activities focused on self-improvement.



Our Wise Ladies (O.W.L.s) - our book club

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

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

MyKidz Creations - our youth program

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. (Making Our Visions Everything) - our health and wellness program

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&Y is a 501c3 nonprofit focused on improving the lives of women and youth.

Contributors

- **Brandee**, *Story of Gratitude, Brannon Files*
- **Latanya**, *Heart & Soul Wellness Solutions*
- **Loni** - *Recipes*
- **M.O.V.E. Members**, *Tips and Recipes*
- **Rhonda**, *Story of Gratitude*
- **Tips** - *Lurene, Paulene, LaKeissa, Tisha, Lisa, Brenda, Rhonda, Carmen, Josy*

Thank you

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.

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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.

