

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

NOVEMBER 2025

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Bloom  
WITH  
GRACE

Shay

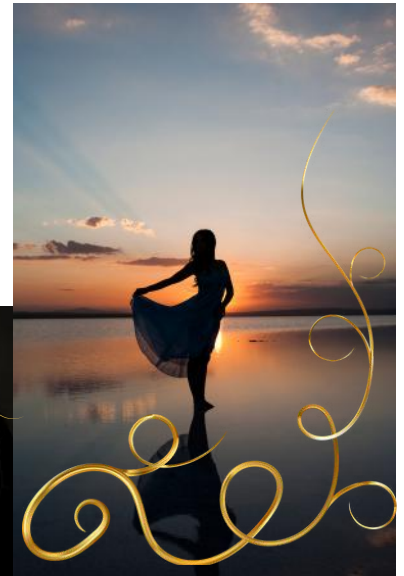
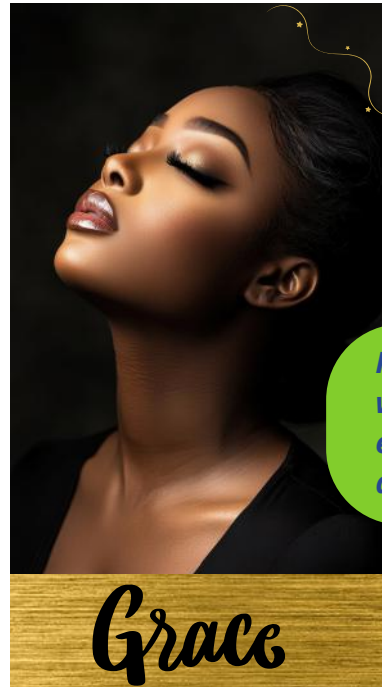




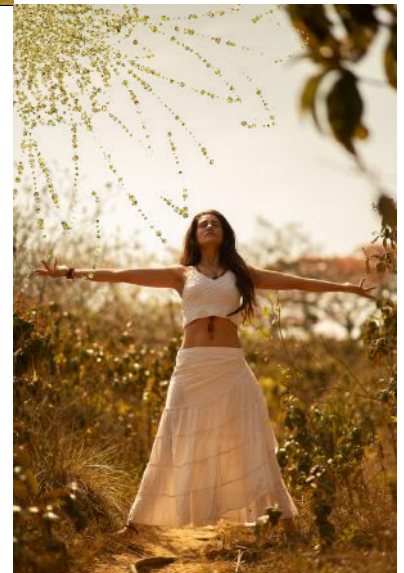
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*Putting wellness and health first will help us to make our visions everything. We are M.O.V.E.ing and grooving in 2025!*





# NOVEMBER

## *water challenge*

M.O.V.E. November Challenge

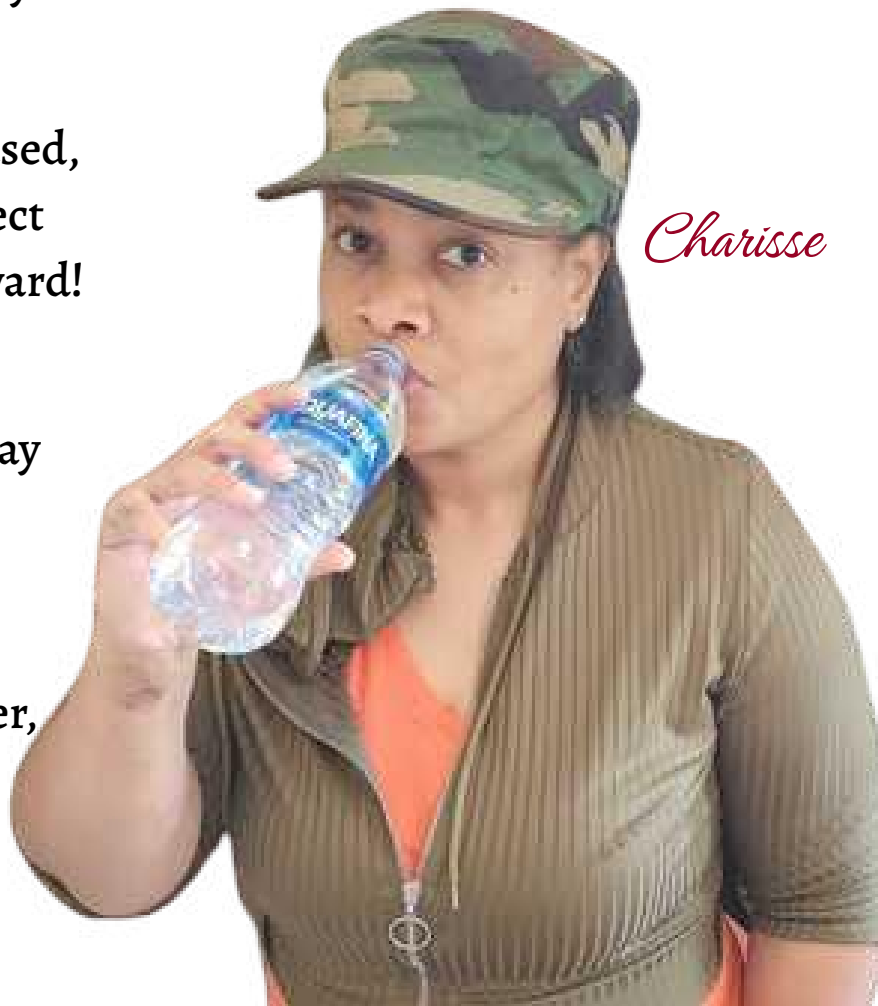
Let's make hydration a priority this month! 💧

Water keeps us glowing, focused, and full of energy — the perfect fuel to keep M.O.V.E.ing forward!

Challenge Goal:

- Drink more water each day and post your progress.
- Encourage others in our Slack group!
- Tip: Add lemon, cucumber, or mint for a refreshing twist!

Stay strong, stay hydrated!



# DRINK MORE WATER



# *The Power of Grace in Everyday Life*

*"Grace allows us to stay steady in the chaos."*

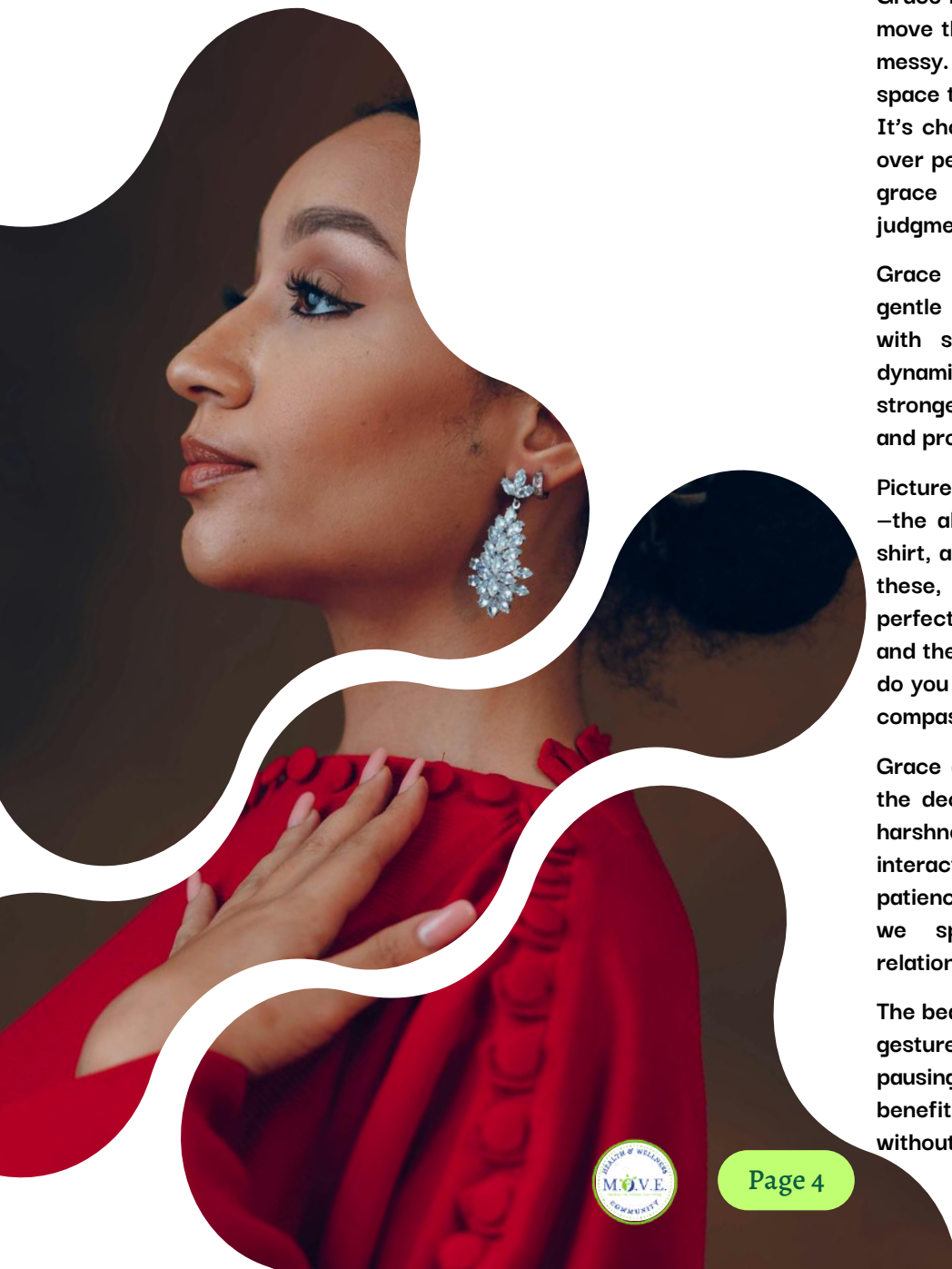
Grace isn't just about elegance—it's about how we move through the world, especially when life feels messy. Practicing grace means giving yourself space to breathe when things don't go as planned. It's choosing kindness over criticism and balance over perfection. For women juggling multiple roles, grace is a quiet strength that softens self-judgment while holding space for growth.

Grace also shows up in how we treat others. A gentle response in a heated moment or patience with someone's mistakes can shift an entire dynamic. When we extend grace outward, we build stronger, healthier relationships—both personally and professionally.

Picture a morning where nothing seems to go right—the alarm doesn't ring, you spill coffee on your shirt, and traffic is at a standstill. In moments like these, grace isn't about pretending everything is perfect. It's about how you respond to yourself and the situation. Do you spiral into frustration? Or do you take a deep breath and move forward with compassion for yourself?

Grace allows us to stay steady in the chaos. It's the decision to respond with kindness instead of harshness. When we choose grace in our interactions with others—whether that's showing patience with a colleague or listening more than we speak—we create space for healthier relationships.

The beauty of grace is that it doesn't require grand gestures. It thrives in small, intentional acts: pausing before you snap, offering yourself the benefit of the doubt, or letting someone else shine without feeling threatened.





# Types of Grace

**Which type of grace do you naturally embody, and which one do you want to nurture more?**

## **Personal**

How you treat yourself—with patience, forgiveness, and compassion. It's learning to silence self-criticism and embrace your own humanity.

## **Emotional**

The ability to stay composed in difficult situations and to respond with empathy instead of anger. Emotional grace allows women to handle conflict or stress without losing their balance.

## **Social**

How you interact with others—kindness, thoughtfulness, respect, and generosity. It's not about perfection in manners, but about creating a sense of ease and comfort in your relationships.

## **Physical**

The way you carry yourself—through posture, movement, and presence. Physical grace is about moving with confidence and intention, not about fitting a standard of elegance.

## **Intellectual**

The ability to engage in conversations with openness, curiosity, and humility. It's about listening deeply, respecting diverse perspectives, and sharing ideas without arrogance.

## **Resilient**

How you navigate challenges and setbacks—with strength, composure, and hope. Resilient grace is what allows women to recover, adapt, and continue moving forward.

## **Leadership**

Balancing authority with empathy, confidence with humility. Leaders who embody grace empower others, handle mistakes with honesty, and inspire trust.

## **Aging**

The art of embracing change, transitions, and growing older with authenticity and self-acceptance. Aging gracefully means celebrating who you are becoming, not clinging to who you were.



# Grace in Leadership and Influence



Leadership is often associated with strength, decisiveness, and authority. While those qualities matter, grace adds a dimension that can set leaders apart. Grace in leadership is about how we use our influence to empower others while staying true to ourselves.

Consider a leader who makes a mistake. Without grace, she may respond defensively or harshly, trying to cover it up. With grace, she acknowledges it openly, takes responsibility, and models humility. That choice not only strengthens her credibility but also gives her team permission to be authentic.

Grace also shines in how leaders communicate. A graceful leader doesn't shy away from hard conversations but delivers truth with empathy. She listens actively, respects diverse perspectives, and balances firmness with fairness.

For women in leadership—whether in the workplace, the community, or within families—grace becomes a source of quiet power. It demonstrates that strength and compassion are not opposites but partners. Grace allows leaders to build trust, inspire respect, and create spaces where others feel valued.



# GRACE

*This is my season for Grace and Favor...  
This is my season to reap what I have sown!*



*Sonya*






# GRACE AS SELF- COMPASSION



Women are often taught to give endlessly—time, energy, care—while quietly holding themselves to impossible standards. We celebrate accomplishments but quickly downplay them. We forgive others easily yet struggle to forgive ourselves. This is where grace becomes a lifeline.

Grace as self-compassion is about interrupting the cycle of self-criticism. It means saying, “I am human, and I am enough, even when I stumble.” Instead of demanding perfection, grace invites you to honor progress.

Think of the last time you made a mistake at work, in parenting, or in your personal life. Did you replay it over and over, criticizing yourself? Or did you extend the same understanding you’d offer a loved one? Grace is choosing the second path—the gentler path.



When women embrace grace, they open the door to rest, creativity, and joy—spaces that judgment cannot enter.







## WOMEN ARE INVITED TO JOIN OUR SLACK COMMUNITY

### Benefits:

- share experiences
- seek advice
- collaborate
- network
- motivation
- free workouts
- free challenges
- accountability
- book club

SCAN ME



**Real Women Helping Women & Youth has a Slack community for women to connect, support, and inspire each other.**

**The community offers a platform for women to share experiences, seek advice, and collaborate with like-minded individuals.**

**The mission is to empower women by providing them with tools, skills, and opportunities to succeed.**

**The community is free to join, and women can request to join using the QR Code or by emailing [info@rwhwy.net](mailto:info@rwhwy.net) and requesting to join our Slack community.**



Platinum  
Transparency  
2024

Candid.



# REAL WOMEN HELPING WOMEN & YOUTH

IMPROVING LIVES!

DONATE



## About Us

Founded in 2017, Real Women Helping Women & Youth, Inc. is a 501(c)(3) nonprofit that provides free educational resources, networking opportunities, health and wellness encouragement, and a supportive community to help women and youth improve their lives.



## Our Mission

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

### Donations options:

One-Time

Monthly

or Annually

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zeffy



[https://www.zeffy.com/  
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There are several ways to support  
Real Women Helping Women & Youth

Tax ID: 82-0656580

Your support makes every step forward possible!

When you give to Real Women Helping Women & Youth (RWHW&Y), you're not just making a donation—you're investing in healthier lifestyles, stronger confidence, and brighter futures.

Contributions help us provide resources for women managing health challenges, youth developing life skills, and programs that inspire growth across generations.

Together, we can continue Making Our Visions Everything.

Join us in empowering women and youth by giving today.



RWHW&Y PayPal donation link



[paypal.com/us/fundraiser/charity/2829256](https://paypal.com/us/fundraiser/charity/2829256)

DONATE



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DONATE





# M.O.V.E.ing with Grace



When we think of grace, movement often comes to mind—the way someone walks into a room, the flow of a dancer, or the ease of someone speaking with confidence. But grace in movement isn't about perfection; it's about presence.

Our bodies are constantly in motion, but how often do we notice that movement? Walking with awareness, breathing deeply, or choosing to slow down can transform ordinary actions into graceful ones. For example, mindful walking—a practice where you pay attention to each step and each breath—reminds us that grace is not about rushing but about aligning with the moment.

Physical practices like yoga, tai chi, or even freestyle dancing can help us rediscover this connection. They teach fluidity instead of rigidity, acceptance instead of force. When we approach our bodies with grace, we stop demanding flawless performance and instead celebrate what they allow us to do each day.

Grace in movement also extends to how we interact with others. A handshake, a smile, or even a thoughtful pause before responding can carry the kind of quiet elegance that shifts an entire interaction.

# Hidden Ingredients: What Every Woman Should Know About **Lead** in Protein Shakes

By M.O.V.E. Forward! Health & Wellness Team

*"Awareness is the first step toward empowered choices."*

Protein shakes have become a go-to solution for women who are striving to maintain energy, build strength, or balance nutrition on busy days. They're convenient, often marketed as "clean" or "natural," and easy to mix into daily routines. But recent independent studies have uncovered a hidden concern: many popular protein powders contain measurable levels of heavy metals—including lead.

## Why Lead in Protein Is a Real Concern

Lead is a toxic metal that can accumulate in the body over time. Even small amounts may affect heart health, blood pressure, kidney function, and cognitive performance. Women—especially those managing hormonal changes, pregnancy, or aging—are more vulnerable to long-term exposure.

In 2025, Consumer Reports and the Clean Label Project tested more than 150 protein shakes and powders. They found that nearly half contained measurable lead, with some brands far exceeding California's Proposition 65 safety threshold. Plant-based protein powders, particularly those made with pea, rice, or hemp, tended to have higher levels due to how these crops absorb metals from the soil.

## Brands That Raised Red Flags

Consumer Reports identified several protein powders to avoid or limit based on lead content:

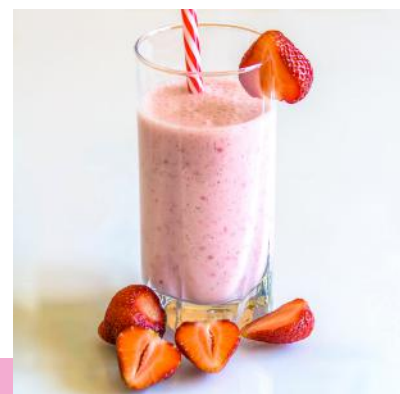
- Huel Black Edition (Plant-Based)
- Naked Nutrition Vegan Mass Gainer
- Garden of Life Sport Organic Plant-Based Protein
- Momentous 100% Plant Protein



These brands were found to contain higher microgram levels of lead per serving than Consumer Reports considered safe for daily consumption.

## Resources

- Consumer Reports: "Most Protein Powders Contain Heavy Metals—Here's What to Know" (2025 Report)
- [www.consumerreports.org](http://www.consumerreports.org)
- Clean Label Project: "Protein Study 2.0" and the Clean Sixteen list
- [www.cleanlabelproject.org](http://www.cleanlabelproject.org)
- California Proposition 65: Information on lead exposure warnings
- [www.p65warnings.ca.gov](http://www.p65warnings.ca.gov)



## Healthier Choices

The good news—not all protein products are risky. The 2024-2025 study by Clean Label Project found various whey-based choices to be notably better:

- Premier Protein 100% Whey (Vanilla) – non-detectable levels of lead, cadmium, mercury, and arsenic.
- Optimum Nutrition Gold Standard 100% Whey (Vanilla Ice Cream)

When choosing a protein powder:

- Look for third-party testing seals
- Limit chocolate-flavored or plant-based powders
- Rotate your sources of protein

## Whole-Food Protein Alternatives

If you prefer to skip the risk altogether, focus on natural, whole-food protein sources that nourish your body without additives:

- Eggs or egg whites
- Greek yogurt
- Lean chicken or turkey
- Lentils and chickpeas
- Tofu (choose organic to reduce contaminants)
- Nuts, seeds, and quinoa

When tracking wellness goals, blending these foods into a smoothie with spinach, berries, and oats can deliver both nutrients and peace of mind.





# Lead in Cinnamon? Throw it Out!

By M.O.V.E. Forward! Health & Wellness Team

*"Even small amounts of lead pose a risk because, over time, it can accumulate in the body and remain there for years, seriously harming health". — James Rogers, PhD, Director of Food Safety Research and Testing at Consumer Reports.*



October 10, 2025

The [FDA](#) is updating the alert below with additional products, HAETAE-brand and Roshni-brand ground cinnamon, that contain elevated levels of lead. FDA collected samples of these products at a retail establishment. Exposure to these products may be unsafe. Click the [link](#) to view the table and recommendations for more details.

- The presence of lead in cinnamon isn't new — the spice's bark can absorb lead from contaminated soil, and contamination can also occur from processing, storage or packaging. [CBS News](#)
- The FDA states there is no known safe level of lead exposure, and that prolonged exposure — especially in children — can lead to neurological damage, lowered IQ, behavioural issues, and in adults risks including high blood pressure, kidney damage, and cardiovascular problems. [CBS News](#)
- If you have one of the listed cinnamon products, the FDA recommends discarding it immediately. [CBS News](#)

## Why This Matters

- Lead exposure remains a public-health concern — even when the contamination levels may seem small, the cumulative effect and vulnerability of children make it significant.
- The detection in cinnamon suggests that food supply chains (especially spices sourced internationally or processed in varied ways) can carry unexpected contamination risks.
- Consumer awareness matters: even everyday pantry items can carry hidden risk, so paying attention to recall alerts and brand notices is wise.
- The fact that some brands are still under voluntary recall means consumers may need to check proactively rather than relying solely on a full market pull.

## Ground cinnamon brands with high levels of lead


The FDA says these 16 brands contain elevated levels of lead ranging from 2.03 parts per million (ppm) to 7.68 and could be unsafe.

- Roshni (2.268 ppm)
- HAETAE (4.60 ppm)
- Durra (2.44 ppm)
- Wise Wife (2.49 ppm)
- Jiva Organics (2.29 ppm)
- Super Brand (7.68 and 6.60 ppm)
- Asli (2.32 ppm)
- El Chilar (3.75 and 7.01 ppm)
- Marcum (2.22 and 2.14 ppm)
- SWAD (2.89 ppm)
- Supreme Tradition (2.37 ppm)
- Compania Indillor Orientale (2.23 ppm)
- ALB Flavor (3.93 ppm)
- Shahzada (2.03 ppm)
- Spice Class (2.04 ppm)
- La Frontera (2.66 ppm)

<https://www.cbsnews.com/news/lead-cinnamon-fda-recall-2025/>







## ***Cooking in Grace***

### ***Nourishing More Than the Body***

Cooking can be an act of grace. It's not just about following recipes — it's about pouring love, patience, and creativity into what we make. When we cook in grace, we give ourselves permission to be present, to savor the process, and to find joy even in the imperfections.

Some days, grace looks like preparing a full meal with care. Other days, it's heating leftovers and sitting down in peace. Either way, it's nourishment that goes beyond the plate.

As women, we often serve others before ourselves. Cooking in grace reminds us that we, too, deserve the comfort we create. It's about feeding both body and spirit — stirring in gratitude, seasoning with laughter, and letting every meal remind us of our strength and love.

### ***Tips & Practices for Infusing Grace into Cooking***

- Slow one part of your process. Focus completely on chopping, stirring, or plating — noticing texture, rhythm, and aroma.
- Turn off distractions. Cooking can be your moment of calm — no phone, no multitasking, just presence.
- Start with gratitude. Before you begin, thank the ingredients, your hands, and the nourishment ahead.
- Embrace imperfection. A burned crust or uneven slice is just part of the story — not a mistake.
- Share food and stories. Cooking together or sharing a meal builds community and multiplies grace.



# Art Therapy: Layers of Grace Exercise

## Purpose

To help women explore what grace means to them—how they give it, receive it, and embody it—through creative, hands-on self-expression.

## Materials Needed

- Large sheet of watercolor or mixed-media paper
- Watercolors, acrylics, or soft pastels
- Magazines or printed images for collage
- Glue stick or Modge Podge
- Pen or fine-tip marker
- Optional: soft background music

## Activity Steps

### 1. Reflect

Sit quietly for a few minutes and think about what grace feels like in your life. When have you shown grace to yourself or someone else? When have you needed to receive it?

### 2. Base Layer – The Foundation

Using soft colors or brushstrokes, paint or color the background to represent your emotional foundation—your calm, peace, or inner strength.

### 3. Second Layer – The Moments

Collage or paint images that remind you of moments when you've practiced grace—like forgiving yourself, offering kindness, or finding peace during difficulty.

### 4. Top Layer – Words of Grace

Once the layers dry, write words, phrases, or affirmations across the art that express your version of grace (e.g., patience, flow, acceptance, compassion, renewal).

### 5. Final Touch – Reflection

When finished, sit with your piece. Notice the layers—each one representing how grace builds upon experience. Add a short reflection note: "Today, I choose to show grace by..."





# You are your best thing!



Financial Legacy  
SOLUTIONS

Your Medicare & ACA Auntie

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# GROWING IN GRACE AS YOU AGE

## *Embracing Wisdom, Acceptance, and Ongoing Growth*

Aging often comes with transition—shifts in roles, expectations, body, priorities, and relationships. For many women, it can feel like a time of loss or of being less visible. Yet it's also an opportunity: grace can deepen with age, offering strength, compassion, authenticity, and inner peace. This is how to nurture it.

### *What does “Growing in Grace” Mean Later in Life?*

**Acceptance of Change:** Grace isn't denying the signs of aging—wrinkles, slower pace, shifting energy—but accepting them as part of our story. It means embracing what's changing (physically, socially, emotionally) and finding new ways to thrive.

**Wisdom & Emotional Depth:** With more years come more experiences—joys, regrets, hard decisions. Grace in aging means allowing those lessons to soften rather than harden the heart. It's using what you've learned—not to judge, but to understand.

**Self-Kindness and Compassion:** Letting go of perfection, easing up on self-criticism, being patient

when energy is lower, or appearance isn't what you once expected.

**Redefining Purpose & Identity:** Roles evolve—children grow up, careers shift, relationships change. Grace asks us to re-evaluate what gives life meaning now. It can be about mentoring, creative work, community, or simply being more present.

**Authenticity & Boundaries:** Aging often gives clearer perspective on what (and who) matters. Grace appears when we can say “no,” protect our wellbeing, speak truthfully, and live in alignment with our values.



## ***Practical Ways to Grow in Grace Over Time***

***The table below has suggested practices and habits women can build to grow in grace as they age:***

<b>Practice</b>	<b>Why It Helps</b>	<b>Tip to Implement</b>
<b>Intentional Self-Reflection</b>	Builds self-awareness; helps make sense of life patterns & choices.	Journaling prompts: “What am I learning about myself this year?” or “What do I want to carry forward / let go of?”
<b>Mindful Slowing Down</b>	Allows rest, presence, gratitude; counteracts the pace of “busyness.”	Try slowing parts of your routine—take a morning walk, savor meals, reduce multitasking.
<b>Learning Something New</b>	Keeps the mind agile; fosters sense of possibility.	Pick a hobby you’ve always wanted—painting, dance, language, writing. Join a class or online group.
<b>Cultivating Community</b>	Connection combats isolation; shared stories support grace.	Join groups of women in similar life stages; volunteer; mentor younger women.
<b>Physical Care (Holistic Health)</b>	Health influences mood, energy, self-confidence.	Move regularly (walking, yoga, strength training); eat nutritiously; prioritize sleep and rest.
<b>Emotional Resilience</b>	Helps face loss, uncertainty, changing physicality with courage.	Learn coping skills—therapy, meditation, affirmations, gratitude practice.
<b>Creative or Expressive Outlets</b>	Expression helps process feelings and stay connected to identity.	Writing memoir, art, music, storytelling, activism.



## ***Common Challenges & Graceful Responses***

Challenge	Often What Happens	Graceful Alternative
<b>Feeling invisible / less valued socially</b>	Pulling back, hiding or downplaying contributions.	Lean in: share your stories, mentor, speak up, own your voice.
<b>Wishing to “go back” to younger self</b>	Regret, dissatisfaction, chasing youth.	Reframing: see age as accumulation of wisdom; celebrate who you are now.
<b>Comparing to others / social media pressures</b>	Self-criticism, envy, discontent.	Limit exposure; curate your feed; focus on your values; gratitude.
<b>Physical or health decline</b>	Frustration, shame, fear.	Seek help, adapt, shift expectations; celebrate what your body does well.

## **Tools to Help Grow in Grace**

**Aging Gracefully: How to Live Your Best Life as You Age** — Healthline offers concrete, evidence-based guidance on physical wellness and lifestyle habits. [Healthline](#)

***It's Not All Downhill from Here: A Novel*** by Terry McMillan Loretha Curry's life is full. A little crowded sometimes, but full indeed. On the eve of her sixty-eighth birthday, she has a booming beauty-supply empire, a gaggle of lifelong friends, and a husband whose moves still surprise. True, she's carrying a few more pounds than she should be, but Loretha is not one of those women who think her best days are behind her—and she's determined to prove wrong her mother, her twin sister, and everyone else with that outdated view of aging wrong. It's not all downhill from here. The audiobook is available on [Libby App](#) (free) and is read by Terry McMillan.

**Unapologetically 50+**™ — Rediscovering purpose after 50 isn't about starting over it's about honoring the wisdom, strength, and lived experiences that brought you here, while giving yourself permission to evolve. For so many women, this season of life is a turning point: children may be grown, careers shifting, relationships transforming, and suddenly there's space to ask, “What about me?” Purpose is what gives that question an answer. It reignites passion, fuels joy, and provides a compass for the next chapter. At Unapologetically 50+, we believe this journey isn't about finding something new to prove, but about returning home to yourself aligned, empowered, and unapologetically free. 🧡🧡 New Video Every Week.





The TAPN2U Movement, LLC, which began as a vision for founder Dr. Anita C. Powell at the age of 16, became a reality in March 2022 with the launch of the TAPN2U Global Peace Partner initiative. Today, 24 Global Peace Partners from 13 countries continue this mission. In 2024, Michigan Governor Gretchen Whitmer issued a Special Tribute, designating January 17, 2025 as TAPN2U Global Peace Movement Day.

Continuing to grow closer to communities, 2025 marked the birth of the TAPN2U Miracle “T”s—spreading peace, self-awareness, and thought healing through powerful messages worn and shared on T-shirts. Looking ahead to 2026, we will celebrate January 17th with a special worldwide project—

### Global Peace Movement Day 2026!

170 heartfelt videos (17-seconds max) from around the globe, airing the week of January 17, 2026.

We’re inviting voices from around the world to join in by sending a short video message.

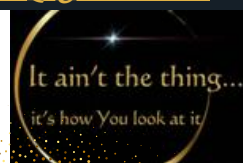
It’s simple—just TAPN2U and record!

Here are the three things to include in your video that should be emailed to [tapn2you@gmail.com](mailto:tapn2you@gmail.com):

- 👁️ Your name
- 👁️ Your country
- 👁️ And proudly declare: “I believe in peace.”

Add your voice. Inspire unity. Declare peace with us.

I look forward to receiving Your video message at: [tapn2you@gmail.com](mailto:tapn2you@gmail.com)



Additional information, email Anita at: [tapn2you@gmail.com](mailto:tapn2you@gmail.com)

*Stay SoulBeautiful  
in Light Light Love ~ Anita*



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



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<https://pci.jotform.com/form/251593005788060>

[#TAPN2U](#) [#January17](#) [#celebrating](#) [#peace](#) [#love](#) [#unity](#) [#possibility](#)



Join the  
**CELEBRATION!**

2026







## Grace and Thanksgiving: The Quiet Strength of Gratitude

November naturally brings thoughts of Thanksgiving—the season of gathering, sharing, and reflecting on what we’re thankful for. Yet gratitude, when paired with grace, becomes even more powerful. Grace is what allows us to give thanks not just for the easy wins, but also for the challenges that shaped us, the lessons that stretched us, and the people who walked beside us.

Grace invites us to view Thanksgiving not as a one-day event, but as a practice of living with appreciation and understanding. It’s more than listing blessings; it’s about slowing down, being present, and recognizing the small details that make life meaningful—a kind smile, a meal shared, the resilience you carried through a tough season.

For many women, the holidays also bring stress—cooking, organizing, meeting family expectations, and juggling traditions. Grace reminds us that perfection isn’t required to celebrate meaningfully. A burnt pie, a mismatched table setting, or a changed plan does not erase the love and connection at the heart of Thanksgiving. Grace helps us release the weight of “should” and embrace the beauty of “enough.”

Gratitude expressed with grace has a ripple effect. It softens relationships, fosters patience, and turns everyday interactions into moments of connection. Saying thank you sincerely, forgiving a past misunderstanding, or even extending kindness to yourself is an act of grace worth celebrating.

As we enter this season of gratitude, remember: Thanksgiving is not about performance—it’s about presence. When grace and gratitude meet, the result is not just a holiday, but a lifestyle of appreciation that carries into every season of life.

## Simple Ways to Practice Grace This Thanksgiving

### *Pause Before You React*

When stress rises—whether from a crowded kitchen or a tough conversation—take a deep breath before responding. That pause creates space for a more graceful reply.

### *Release the Need for Perfection*

The table doesn’t have to be picture-perfect, and neither do you. Focus on connection, not performance.

### *Offer Kind Words Freely*

A simple “thank you” or “I appreciate you” can carry more weight than a grand gesture. Spread gratitude generously.

### *Extend Understanding*

Holidays can bring up old tensions. Grace is choosing empathy over criticism, remembering that everyone has their own story.

### *Give Yourself Grace Too*

Rest when you need it. Ask for help if you’re overwhelmed. Treat yourself with the same kindness you extend to others.

**Quick Challenge:** Pick one of these practices and commit to using it during your Thanksgiving week. Notice how it changes your experience.





***She Is Us United Inc.®***



**A Sanctuary for Her Story. A System for Her Healing.**

***Where Her Wounds Become Wisdom.***



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## She Is Us United Inc.: Healing the Trauma of Women, One Soul at a Time

In a world where women's pain is overlooked, ignored, or criminalized, She Is Us United Inc. was created to shift that reality. We are a trauma-informed, spiritually grounded women's wellness and advocacy platform that helps women release what no longer serves their bodies and reclaim their power through healing, education, and transformation.

Founded by Natasha L. Taylor, MHA, PMP, MPH Candidate, She Is Us United Inc. is rooted in public health, soul science, and the truth that healing is a birthright. Our mission is to address the trauma Black and Brown women carry in their bodies, minds, and lineage. We do not treat trauma as pathology. We treat it as a story that deserves to be witnessed, honored, and healed.

Our programming centers wellness education, trauma release, and cultural empowerment. Through healing circles, educational workshops, and digital storytelling, we help women access the tools to transform their lives. We focus on the deeper causes of stress, anxiety, chronic illness, hypertension, and disconnection. Our goal is to bring women home to themselves through holistic healing, sacred sisterhood, and strategic systems change.

**She Is Us United Inc. offers services in:**



- **Maternal mental health**
- **Hypertension and diabetes prevention**
- **Holistic nutrition and spiritual wellness**
- **Financial healing and job readiness**
- **Art therapy and trauma storytelling**
- **Advocacy for women-centered public health policy**

We are currently preparing to launch our first location in Naples, Florida, a healing center that integrates health, education, art, and spirituality. This space will offer sacred support to women who have survived trauma and are ready to build a life of purpose and peace. We believe healthcare is not just about systems. It is about the soul.

This is not just a program. It is a movement. It is a home for women who refuse to be silenced. It is a call for liberation.

We are healing the roots, rebuilding the future, and restoring the power of women to rise.



**CONTACT US**



Founder: Natasha L. Taylor, MHA, PMP, MPH Candidate



Email: [sheisususa@gmail.com](mailto:sheisususa@gmail.com)



Website: [www.sheisusunited.org](http://www.sheisusunited.org)



Location: [Naples, Florida](#)



Instagram: [@SheIsUsUnited](#)





## Have you been displaced from your role due to budget cuts or reductions in DEI positions?

You're not alone. Many talented professionals are navigating unexpected career transitions—and the Inclusion Allies Coalition (IAC) is here to support you.

We're launching a **free monthly, Career Resilience Community**, a gathering of practitioners—people just like you—who come together to:

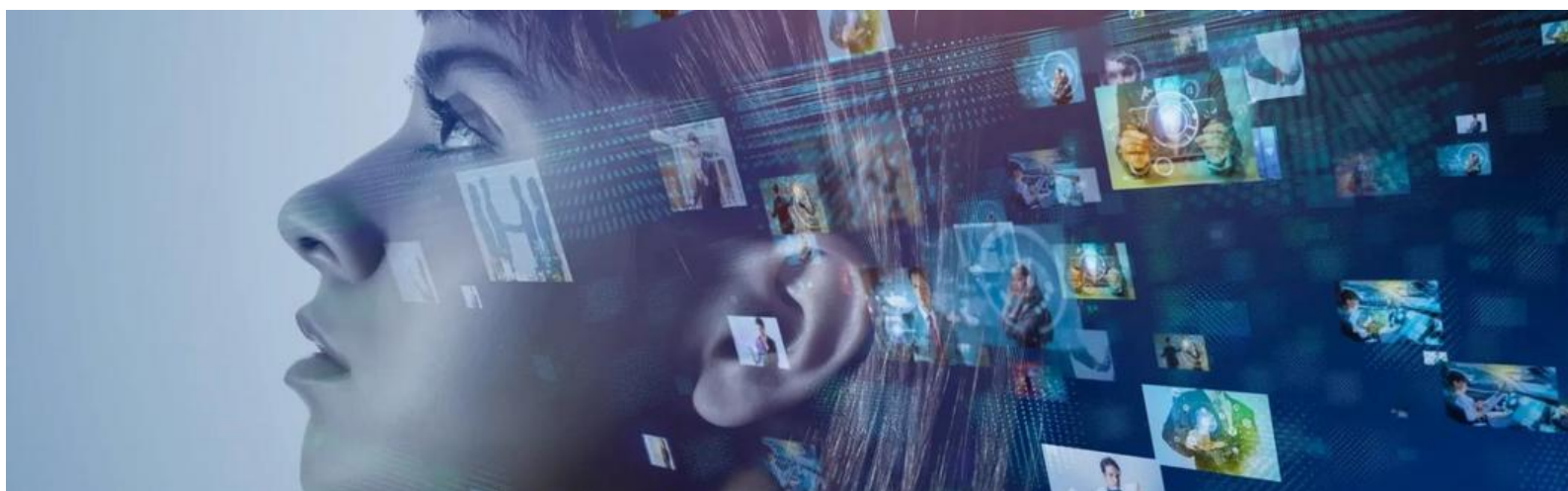
- Support and encourage one another
- Share best practices for navigating a job search
- Exchange insights to accelerate your next opportunity

This is a safe, collaborative space designed to foster resilience, connection, and forward momentum.

If this resonates with you, we'd love to have you join us. Please connect with **Andrea Cisco** at IAC for details: [acisco@imciglobal.org](mailto:acisco@imciglobal.org).

Together, we'll turn challenge into opportunity.

**#CareerTransition #JobSearch #Mentoring #DEI #CommunitySupport**





# SBS SHADED BY SHANELL

ShadedbyShanell creates, designs & provides affordable, luxurious & durable press on nails.



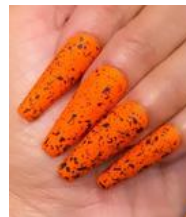
[info@shadedbyshanell.com](mailto:info@shadedbyshanell.com)



[shadedbyshanell.com](http://shadedbyshanell.com)

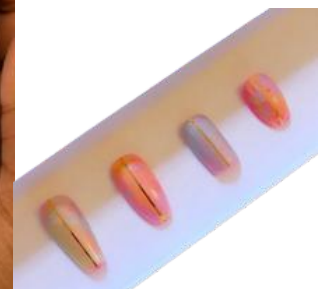
WELCOME TO OUR ONLINE NAIL BOUTIQUE

Get flawless, salon-quality nails at home with Shaded by Shanell's premium press-on nails and luxurious cuticle oils—plus enjoy expert virtual coaching for tips and confidence, all designed for busy women who want beautiful hands without the hassle!



## SBS Academy

*Free tutorials, educational content, & more!*





# VOLTA ROOTS VACATION TOURS

★ MARCH 27- APRIL 5, 2026 ★

## COME HOME TO AFRICA

# TRAVEL TO GHANA

10 DAYS  
ONLY  
\$4000

### #1 SEP \$750 DEPOSIT

Oct \$650  
Nov \$650  
Dec \$650  
Jan \$650  
Feb \$650



### #2 OCT \$750 DEPOSIT

Nov \$ 812.50  
Dec \$ 812.50  
Jan \$ 812.50  
Feb \$ 812.50



### #3 NOV \$1500 DEPOSIT

Dec \$ 833.33  
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Feb \$ 833.33

### #4 DEC \$ 2250 DEPOSIT

Jan \$ 875  
Feb \$ 875



-After you purchase your flight, you **MUST** purchase travel insurance within 10 days.

We recommend **Allianz**  **Travel**  
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-No refunds will be permitted, however you can apply funds to a future trip.

Call Channell at 757-270-2775 or Email  
[creativeexpressionsvacations@gmail.com](mailto:creativeexpressionsvacations@gmail.com)  
<https://channellmanuel.inteletravel.com>







# HEART AND SOUL WELLNESS SOLUTIONS

*Therapy with a purpose*

3400 Chapel Hill Road, Suite 100  
Douglasville, GA 30135  
Call us at (404) 383 4498

[Schedule an Appointment](#)

At Cartersville Toastmasters Club, we believe in the power of communication and leadership. Our club is dedicated to helping members grow, achieve their goals, and "Rise Up" to their fullest potential.

#### Meeting Details:

When: 2nd and 4th Thursdays at 6:30 p.m. ET

Where: Virtually via Zoom

Join Us: <http://bit.ly/4084qsa>

Stephanie Smith

President, Cartersville Toastmasters Club

Club # 7503

<https://cartersville.toastmastersclubs.org/>

## TOASTMASTERS INTERNATIONAL

# Cartersville Toastmasters Club

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[Meet Our Members](#)

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[Toastmasters Video](#)

[District 44](#)

For more information on  
Toastmasters International, visit  
[www.toastmasters.org](http://www.toastmasters.org)

#### Welcome to Cartersville Toastmasters Club!

#### We're excited to have you here!

**At Cartersville Toastmasters Club**, we pride ourselves on being a club that stands out. Our meetings are not just gatherings—they're experiences designed for personal growth, meaningful connections, and mutual success.

We believe in the power of communication and leadership. Our club is dedicated to helping members grow, achieve their goals, and "**Rise Up**" to their fullest potential.

#### Meeting Details:

- **When:** 2nd and 4th Thursdays at 6:30 p.m. ET
- **Where:** Virtually via Zoom
- **Join Us:** <http://bit.ly/4084qsa>





**REAL  
WOMEN  
HELPING  
WOMEN  
& YOUTH**



## What is your favorite exercise?

*Workout because you love your body, not because you hate it.*

*You may not be there yet, but you are closer than you were yesterday.*

*The body achieves what the mind believes.*

*You're closer than you were yesterday.*

*The best thing I ever did was believe in me.*

*Fitness is not about being better than someone else. It's about being better than you used to be.*





# RWHW&Y Programs

*Improving Lives!*

## Invaluable Me!

Invaluable Me! is a private support group for women that encourages positive self-image and self-appreciation, helping people recognize their unique value and contributions to their lives and others.

Objective: To create a community where members can connect, share, and gain confidence and self-esteem to develop a positive self-image and self-appreciation.



Director, Carmen Crawley

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

M.O.V.E. is a health and wellness program.

Objective: To promote and improve the health and wellness of our members by encouraging them to adopt healthier habits through monthly challenges and information sharing.



Director, Carmen Crawley

## OWLs (Our Wise Ladies)

OWLs is a book club that encourages reading as a lifetime activity and gives members the tools they need to use literature to better their lives.

Objective: To foster a love for reading and lifelong learning among our members by providing engaging and thought-provoking books, ultimately contributing to personal growth, enhanced knowledge, and a deeper appreciation for literature.



Director, Paulene Fletcher

## N.I.C.E.

### (Network, Inspire, Connect, Encourage)

N.I.C.E. is a youth program.

Objective: To help young people grow as individuals, gain confidence, and make a positive impact on society, we encourage, honor, and support their successes in many areas.



Director, LaKeissa Armour

Visit our website regularly, to stay updated on our events and activities: [rwhwy.org](http://rwhwy.org)



# N.I.C.E. 2025 YOUTH IMPROVE UR READING

N.I.C.E. (Network, Inspire, Connect, Encourage)

THE N.I.C.E. IMPROVE UR READING PROGRAM HELPS KIDS GET BETTER AT READING BY GIVING THEM FUN AND SUPPORTIVE ACTIVITIES TO DO.

WE LOOK FORWARD TO HELPING YOUR CHILD GROW AS A READER!



A Real Women Helping Women & Youth Program

JOIN US FOR  
IMPROVE UR  
READING!

ENROLLMENTS  
WILL BE ACCEPTED  
ON A FIRST-COME,  
FIRST-SERVED BASIS  
UNTIL CAPACITY IS  
REACHED.

<https://forms.gle/wcDdoctyJDkc2TUr5>



All ages  
are  
welcome!





# N.I.C.E. Youth Friendsgiving Event

N.I.C.E. (Network, Inspire, Connect, Encourage) programs aim to bring students together in a fun and welcoming environment so that our youth can learn to think critically and form meaningful friendships based on common experiences.

## Goals:

- Celebrate gratitude, community, and positive friendships
- Encourage creativity, reflection, and teamwork
- Provide a joyful, safe space for youth of all ages to connect

*Friends giving*



**GRATEFUL HEARTS,  
GROWING TOGETHER**  
**For Ages 6 to 18**

Registrations will be accepted on a first-come, first-served basis until capacity is reached.

<https://forms.gle/kPNmlyDutcjST5yvZ>



**Date:** Saturday, November 8, 2025

**Time:** 12:30 PM - 3:00 PM ET

**Location:** Jessie Davis Park, Alice J. Hawthorne Community Center, 7775 Malone St., Douglasville, GA 30134

**Dress Code:** Cozy Fall Colors



**RESERVE NOW**







# Invaluable Me!

Embracing, exploring, and releasing  
the incredible power that lies  
within ME!

Confidence and self-esteem are the  
focus of this RHW&Y program.

"I am invaluable, a unique and irreplaceable individual, and I bring immeasurable  
worth to every aspect of my life and the lives of those around me."

FOCUSING  
ON  
ME!

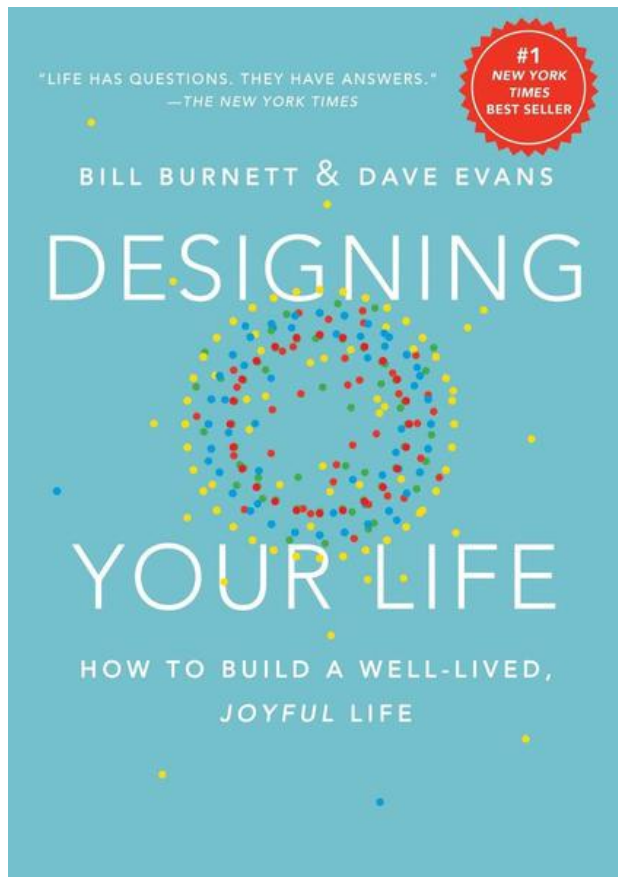
Women can access our #invaluableme  
Slack Channel and take part in our  
2025 activities by requesting to join our  
Slack community.

- January - Building Self-Confidence and Self-Esteem
- February - Cultivating Positive Self-Talk
- March - Developing Self-Awareness
- April - Building Self-Trust
- May - Embracing Positive Body Image
- June - Finding Your Authentic Self
- July - Creating Empowering Affirmations
- August - Assertive Communication for Women
- September - Discovering Your Life Purpose
- October - Setting and Achieving Personal Goals
- November - Creating Your Personal Toolbox: Integrating Lessons Learned
- Bonus - Breaking Free from Misery: A Woman's Guide to Reclaiming Joy & Purpose

2025  
Calendar  
with  
Themes!

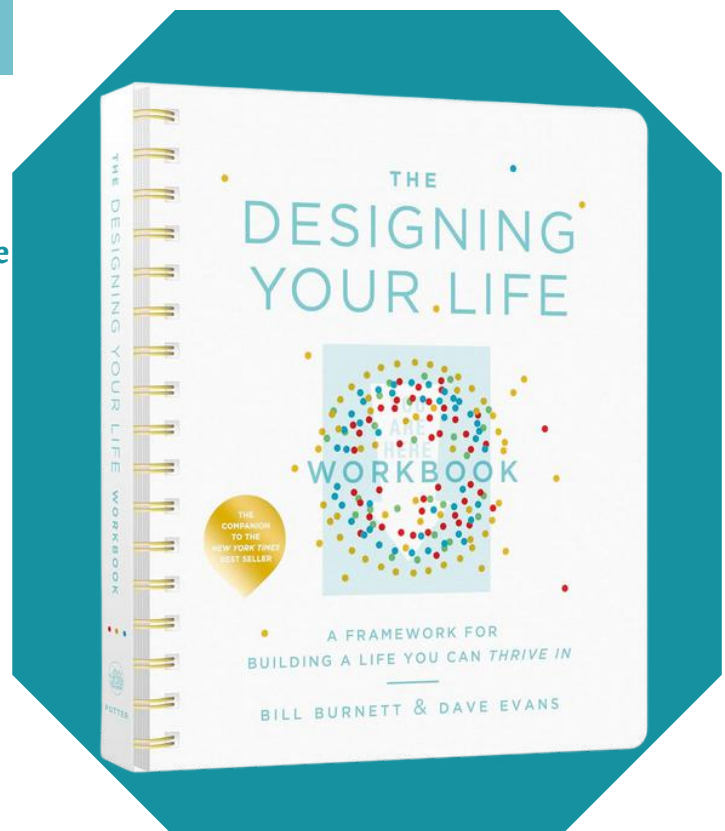


## *The Invaluable Me! chosen book to Wrap up our 2025 Sister Circles*



In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

Whether you're a recent graduate, mid-career, or contemplating your encore life or retirement—and whether it's time to make that big move or you're just interested in making your current situation a little bit better—The Designing Your Life Workbook is your dynamic roadmap to building a joyful, fulfilling life that always holds the possibility of surprise.



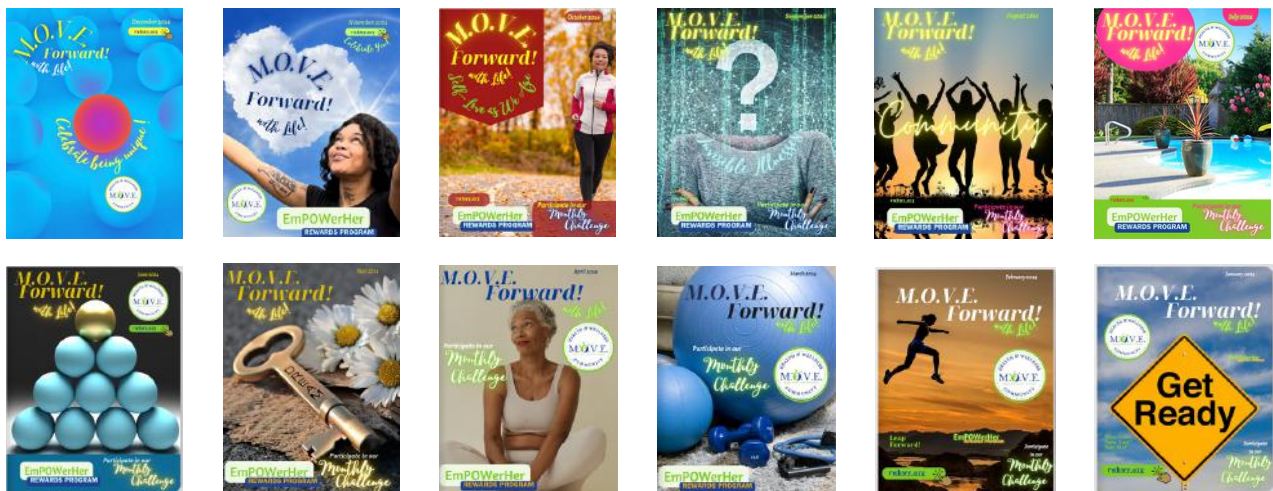


# M.O.V.E. Forward! Magazine

M.O.V.E. Forward! magazine features health-conscious themes, with a particular focus on articles aimed at improving women's health and wellness.



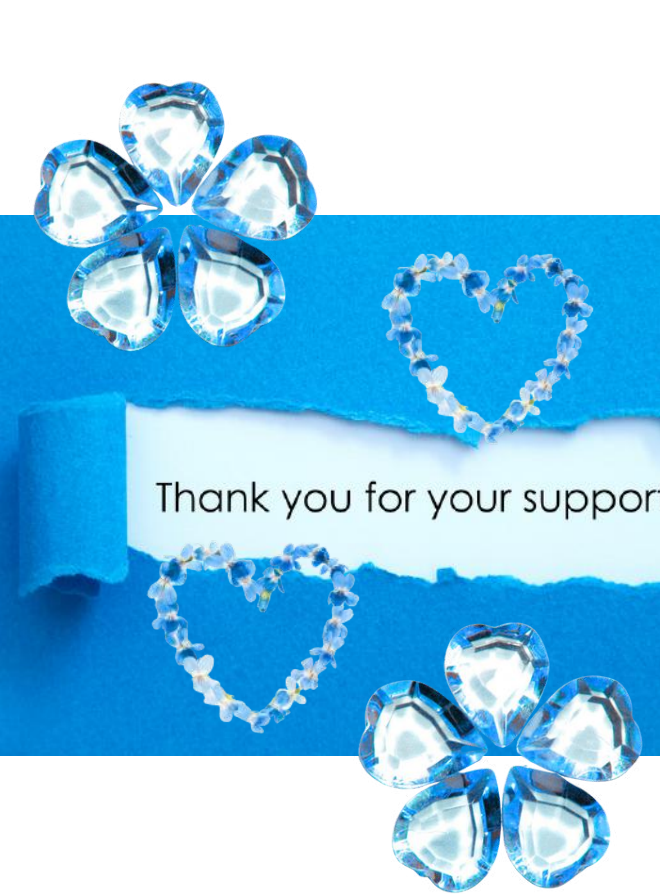
Topics of interest include fitness, exercise routines, relationships, fashion trends, mental well-being, menopause, infertility, body positivity, beauty products, financial advice, nutritional supplements, skincare and haircare routines, household cleaning tips, poetry, recipes, arts and crafts, travel, and other innovative ideas aimed at enriching the lives of women.



Visit our website to browse more issues of M.O.V.E. Forward! magazine. Submissions are due by the 24th of the month.







Bonnie - Financial Legacy Solutions  
Charisse - challenge photo  
Dr. Anita - TAPN2U Global Peace Movement Day  
Dr. Latanya - Heart & Soul Wellness Solutions  
IAC - Career Resilience Community  
LaKeissa - N.I.C.E. Activities  
Natasha - She is Us United  
Shanell - ShadedbyShanell  
Shay - front and back cover photo  
Sonya - Grace Photo and Ghana Information  
Stephanie - Cartersville Toastmasters

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



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

#### Contact Us:

[realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com)  
[rwhwy.org](http://rwhwy.org)

Real Women Helping Women & Youth (RWHW&Y) proudly supports M.O.V.E. Forward! magazine. We encourage women and young people to take part in our events and activities as well as invite ladies to join our Facebook and Slack communities.

#### Mission:

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

#### Vision:

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

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



"Only make decisions that support your self-image, self-esteem, and self-worth" – Oprah Winfrey



*Shary*

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

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

# M.O.V.E. Forward!

Sponsored by M.O.V.E., A Real Women  
Helping Women & Youth Program

