

M.O.V.E. FORWARD!

Focus on learning.



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.

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



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

Participate in our M.O.V.E.

Monthly Challenge



visit [rwhwy website/](http://rwhwy.com)

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

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



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

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

Director, Dr. Crawley

50 Slack Members!

WORD OF THE MONTH

Learn - gain or acquire knowledge of
or skill in (something) by study,
experience, or being taught.
(Oxford Dictionary).



SEPTEMBER IS NATIONAL LITERACY MONTH!

Visit your local library!

In the heart of knowledge's embrace, stands a beacon proud and true,
An African American library, where history comes into view.
Its shelves adorned with stories rich, of triumphs and of pain,
A sanctuary for souls to gather, their spirits to regain.

From Langston's timeless verses to Maya's resolute voice,
This sacred space ignites the flame of culture, love, and choice.
Through pages turned and wisdom learned, the heritage lives on,
A tapestry of heritage and dreams, its legacy is drawn.

~ created by chatgpt

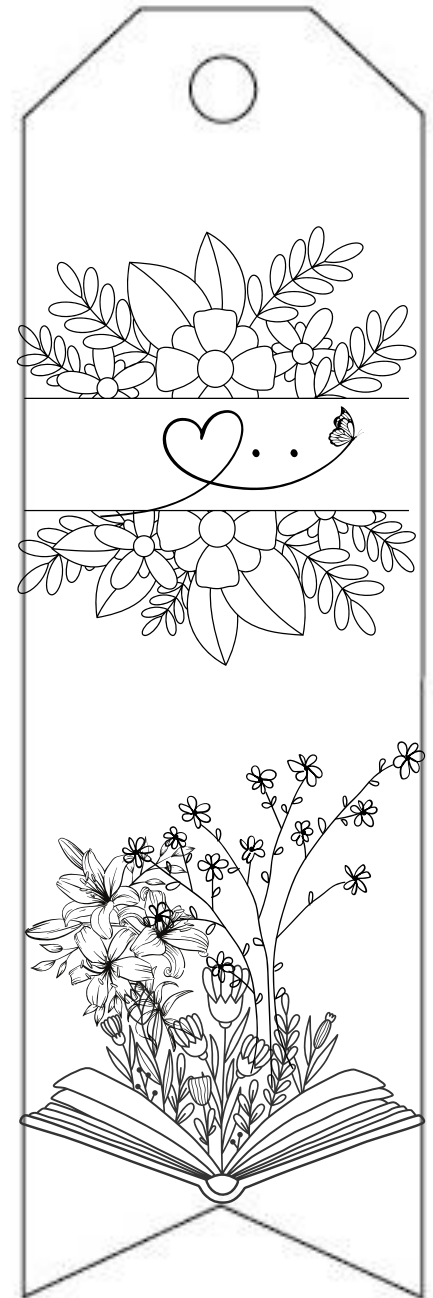
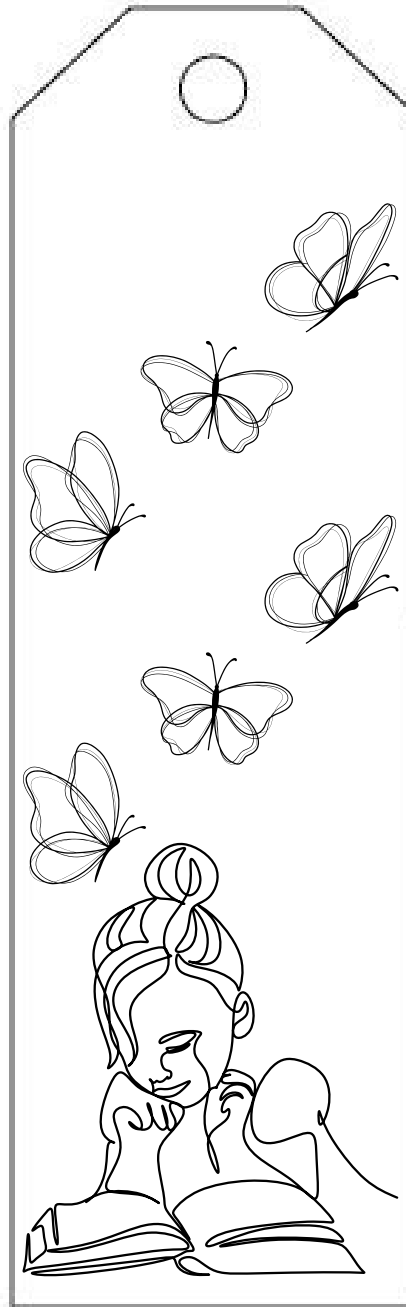
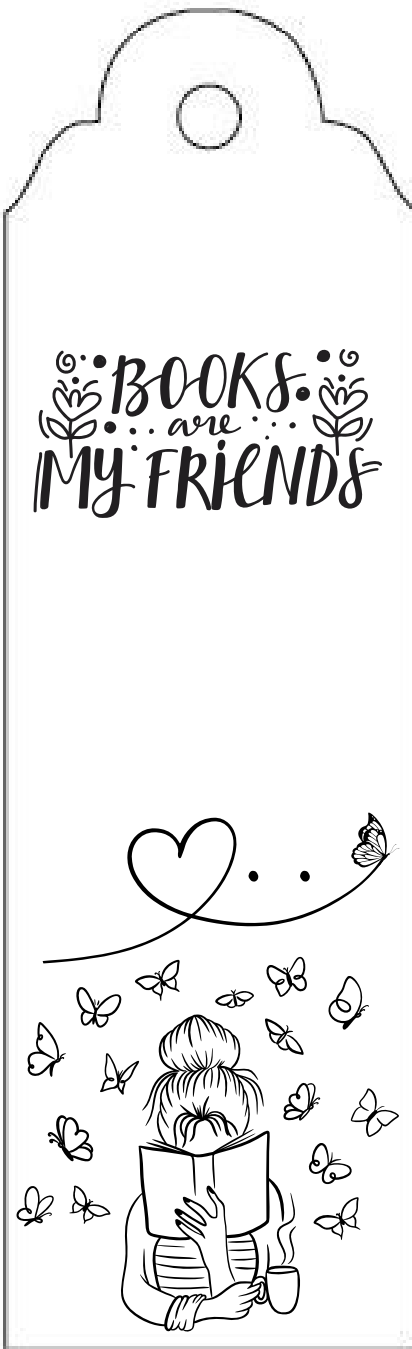
M.O.V.E. Forward!

September 2023

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These bookmarks can be printed, colored, and used to keep track of your progress in a book and easily return to where you left off during your previous reading session.



Art therapy

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

[~https://arttherapy.org/about-art-therapy/](https://arttherapy.org/about-art-therapy/)



Sparkle

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

cook book & recipes

Join the RWHW&Y
#recipes-for-2023-cookbook
Slack channel to get fresh new
ideas and submit your personal
recipes that will be incorporated
into our 2023 M.O.V.E. cook book.



love and joy

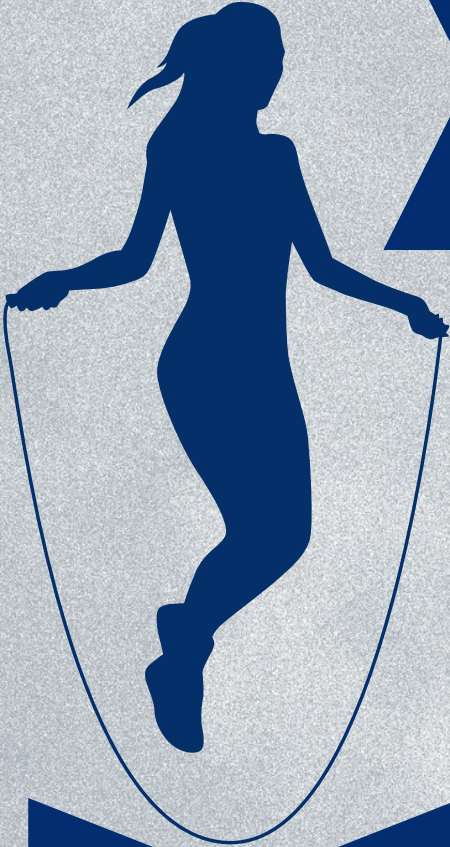
Jump Rope Safety!

Women's Health

*The Best Jump Rope Workouts For Beginners For All The Cardio Benefits,
from A Trainer*

Prepare to get your heart pumping and sweat flowing.

Article by Andi Bretowich, Published: April 6, 2023



Exercise

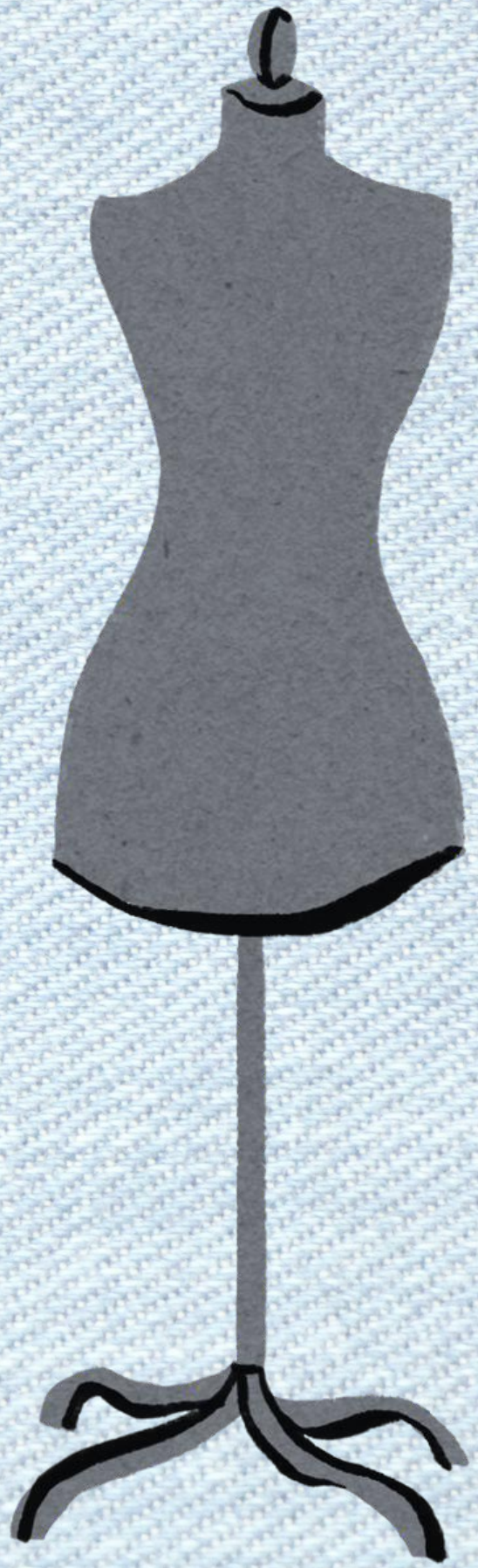
(noun) activity requiring physical effort carried out to sustain or improve health and fitness

How to:

1. Stand on the middle of your jump rope with your feet together, and stretch the jump rope up the sides of your body. The ends of the rope (excluding the handles) should reach your armpit. (Adjust longer or shorter if they don't.)
2. Hold the handles in each hand, with the rope behind your ankles on the floor.
3. Stabilize your shoulders by activating through your mid-back and maintain a neutral spine with your core engaged. Keep your head up and avoid looking at the ground.
4. Rotate your wrists forward so the rope clears over your head in front of you. Your wrists should be around waist height with your elbows slightly bent while the rope is swinging.
5. Jump one to two inches straight up in the air from the balls of your feet so the rope can clear underneath you and land softly back on both feet. Keep your toes pointed down to the floor with every jump. That's 1 rep.

FASHION. FASHION. FASHION. FASHION. FASHION. FASHION. FASHION. FASHION. FASHION. FASHION.

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



How do your clothes affect your mood?

Wake the FICA Up!
20 Things You Must Know About Your Social Security Benefits
Click on the photo to learn more!

20 THINGS YOU MUST KNOW ABOUT YOUR SOCIAL SECURITY BENEFITS

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

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

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

CONVENIENCE COMES AT A COST!

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

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www.WakeTheFicaUp.org

Know Your Social Security Benefits

Click on the photo to learn more!

July Really Is My Month by Josy

I am a teacher; breaks are a time for me to refocus on myself. A dreaded part of the summer refocus is getting a physical and all the bloodwork that comes with it. Well, the end of the school year bloodwork told a tale I could not deny. I was not disciplined and at my age, as the nurse practitioner scolded, I did not have the luxury of the carefree lifestyle. Full disclosure, my blood pressure was high, my bad cholesterol was teetering on the needing medication edge, and blood sugar was high.

I was grateful, therefore, for the M.O.V.E. July challenge. It spoke directly to what I needed to do: eat healthy, drink at least 64 oz. of water daily, about the only aspect of the challenge I had been doing faithfully, exercise at least 30 minutes/daily, and avoid extra sugar. Thank you, Real Women Helping Women & Youth.

Yes, I waited until July, it was summer after all. I had to have my ice cream, strawberry shortcake, peach milkshake from Chick-fil-a, peach pancakes, Mexican ice cream, Amish donuts, and my big cup Reece's. It was such a divine farewell. July came and detox began.

They say it takes 21 days to form a habit, and I was convinced it was true. Unfortunately, it is not, but I am well on my way to the 59-70 days it does take, and it has been easy. Perhaps it was because it was not to win a challenge, but to improve my life and longevity.

What did I do? What I was supposed to be doing all along. Eating out and being on a first name basis with Door Dash was over. No more Dunkin' or McDonald's because I was running late in the morning. Cheese, out, that is what was elevating the cholesterol. Chocolate, only dark, and just a square when my sweet tooth was too strong. Meals are prepared at home and feature the fresh vegetables from the Amish or my neighbor's garden. I walk a mile or two in the morning, depending on the humidity, and lift weights three times a week. I always drink 32 oz of water before I get up in the morning, another 32 oz. by noon and another by dinner. For my birthday I had a slice of carrot cake and waited until the Amish market was open to get it, so no cake on the actual day. My saving grace is the pool, I did my leg exercises in the pool. Labor Day is coming too soon.

I refuse to weigh myself, because yes, I had gained weight. However, my clothes fit better, I have more energy, my blood pressure, blood sugar, and cholesterol are back to healthy levels, and I feel good. Again, I thank M.O.V.E., a Real Women Helping Women & Youth program. Six more days and habit formed.

SUCCESSFUL
WOMAN



THE HOME COLLECTION



ENDEARING



EMPOWERING



ENCOURAGING



All orders support our
Real Women Helping
Women & Youth programs



Call Your Sister Blog! Empowerment, Self Care, & Relationship Advice

REMEMBER YOU CAN ALWAYS CALL YOUR SISTER...



Empowerment
Relationships
| March 22, 2023
| 4 mins
**The Women Who
Inspired Me For
More**

This is the last blog post for March! 😊 I have [...]



Empowerment
| July 29, 2022
| 4 mins
**Watch Your Lip
service**

We hear this often that "words have power". Have you [...]



Empowerment, Race,
Relationships
| May 13, 2022
| 3 mins
**Triumph Over
Trouble**

Written by Via I was born into poverty. My destiny [...]

Contact Us!

I'm an inbox away... Need advice on life? Or the best lashes to wear for Happy Hour? Want to comment about how much you love us? We accept any and...

SUBSCRIBE TO THE SISTERHOOD!



Empowerment, Fun
| July 19, 2023
| 5 mins
Feast & Forget It!

Via talks about alternatives to junk food for National Junk Food Day (07/21) and offers ways you can implement healthy choices.



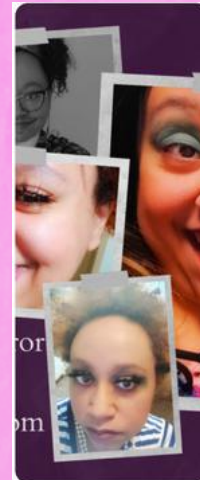
Empowerment,
Relationships
| January 1, 2023
| 3 mins
**Inspired
Confidence**

Let's be real. In order to get to the realness [...]



Empowerment,
Mental Health,
Self-Care
| October 12, 2022
| 2 mins
**Emotional
Wellness by Via**

Via shares her POV on emotional wellness and that means to her.



Empowerment,
Relationships,
Self-Care
| May 29, 2022
| 6 mins
Me In The Mirror

Facing yourself is hard. Coming to terms with the expectations [...]



Empowerment,
Self-Care
| April 23, 2022
| 4 mins
Natural Queen

I've had a love/hate relationship with my hair from as [...]



Empowerment,
Mental Health,
Self-Care
| November 14, 2022
| 1 min
Gratitude-Day 13

Day 13! We are almost to the end! One day! [...]

Select a photo
and read the blog.



Ouch, that hurts!

This article was inspired by a discussion with the *Black Women Read Political Book Club*.

Click the [Power and Control Wheel](#) for more information.



DOMESTIC VIOLENCE DISCUSSION SUMMARY: Using the situation between Megan Thee Stallion and Tory Lanez as a catalyst, the group explored different forms of abuse; Physical, mental, emotional, and financial. Some members shared personal experiences as survivors; and the reasons why leaving an unhealthy/abusive relationship is easier said than done. The group unpacked the importance of having a "Resiliency Kit" that would make leaving an unhealthy/abusive relationship easier. The "kit" would include: money, information on the nearest shelter, and at least 3 girlfriends who could take us into their home for a few months and/or loan us \$3000.

STATISTICS: <https://ncadv.org/STATISTICS>

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide. Find the statistics and more information about your state here <https://ncadv.org/state-by-state>.

RESOURCES:

- Signs of Abuse, <https://ncadv.sitewrench.com/signs-of-abuse>
- The National Domestic Violence Hotline, 1-800-799-7233 (SAFE), www.ndvh.org
- Financial Education Webinar Series, <https://ncadv.sitewrench.com/financial-education>

RESILIENCY KIT or Personalized Safety Plans: (<https://ncadv.sitewrench.com/personalized-safety-plan>)

A study found that 90 percent of abusers do not have criminal records, and abusers are typically law-abiding outside the home. Be an advocate by learning the warning signs of abuse, as well as, the characteristics of abusers. Even though you cannot control an abuser's violence, you can plan with or offer advice to a victim on how to: 1. respond, 2. prepare for an incident, and 3. reach safety. When they are aware and willing, family, friends, and coworkers can contribute to a safety plan. **Do not place them in danger by disclosing their information to your abuser.**



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Douglasville, GA 30135
Call us at (404) 383 4498

Schedule an Appointment



Seek
Progress
**Not
Perfection**

Feed your brain and soul!



Be **YOU**tiful!

Feel your feelings!



Growth Mindset



Knowledge is Power!



Exercise your mind!

SELF-EMPOWERMENT IS POWER!



Discover You!



Ask for help

Parenting

Things that make you go hmmm...

ADULTING

preparation is the key

What are you doing to prepare the youth in your life to become a responsible adult? Are you teaching them financing, cooking, critical thinking skills...



RESPECT

practice is the key

How are you teaching the child in your life to respect everyone? Are you being the role model that they need to see? Do you show them how to stay calm in stressful situations?

INTEGRITY

understanding is the key

Integrity is the practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values. How are you influencing the child?





Where Color, Community, and Creativity Collide
We realize that the world is a canvas and we are the artist of our own lives. We all choose to paint our world as we see it.

Creole Creative Canvases



Visit Creole Creative Canvases to locate a journal so you can record your memories.



CREATE A RELATIONSHIP WITH BOOKS!



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.



AUGUST 2023



JULY 2023



JUNE 2023



MAY 2023



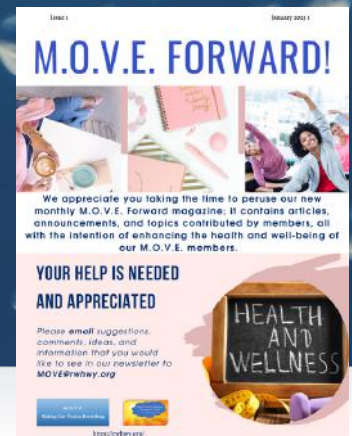
APRIL 2023



MARCH 2023



FEBRUARY 2023



JANUARY 2023



SIP • SOOTHE • SAVOR

<https://linktr.ee/zenandearth>



Sip and Savor: Elevate Your Everyday Wellness with Zen Teas and Tinctures

by Wairimu Cotten

Welcome to the world of Zen And Earth, where the magic of herbs meets the art of wellness. As an urban herbalist and the proud owner of Zen And Earth, I'm thrilled to introduce you to our exquisite herbal teas and powerful tinctures. If you're ready to embark on a journey of self-care and holistic well-being, you've come to the right place. In this article, we'll explore the incredible benefits of our teas and tinctures, and how you can create a custom wellness plan tailored to your unique needs. Let's sip, soothe, and embrace a healthier, more vibrant you!

Zen And Earth's Herbal Teas: A Calming Sanctuary

Our herbal teas are like a calming sanctuary, providing solace for your mind and body. Sip on the tranquility of chamomile, the rejuvenation of peppermint, or the grounding essence of lavender. Each blend is thoughtfully crafted to promote relaxation, balance, and overall well-being. Whether you're seeking stress relief, better sleep, or simply a moment of serenity, our teas are here to envelop you in their gentle embrace.

Unleashing the Power of Tinctures: Personalized Wellness Potions

Our tinctures are the personalized wellness potions you've been seeking. Hibiscus for a mood-lifting boost, echinacea for immune support, or ashwagandha for stress management—the possibilities are endless. These potent herbal extracts are carefully formulated to address your specific health goals. Just a few drops a day can make a world of difference, elevating your vitality and empowering you to take charge of your well-being.

Crafting Your Custom Wellness Plan

At Zen And Earth, we believe in a holistic approach to wellness that's tailored to your unique needs and we are here to guide you on your journey. By creating a custom wellness plan, we'll identify the perfect blend of teas and tinctures to support your overall health and bring harmony to your life. Let us be your partners in well-being, as we help you unlock the full potential of herbs and embrace a healthier, happier lifestyle.

Connecting with Zen And Earth

Creating your personalized wellness plan is just a step away! We invite you to contact us to create your custom wellness plan, tailored to your unique needs. If you prefer a calming cup of tea to unwind after a long day or a tincture to kickstart your day with energy and focus, Zen And Earth has you covered. Together, let's sip, soothe, and savor the art of herbal well-being. Scan the QR Code or contact us at support@zenandearth.com for a consultation and allow us to craft your perfect wellness ritual.

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



A Trip to the Library

by Missy, Atlanta, GA

When is a library not just a library? Answer: When it is public and used as a community hub of activity. Public libraries have always been considered as a hub of knowledge for the local community. Their primary purpose is to provide easy access to books and other reading materials. However, today, they offer so much more.

Whether you're working on a school assignment, doing research, or simply want to gain a new skill, your library has easy-to-use resources available that you can access from anywhere. Just sign in from your desktop, laptop or mobile device.

With your free library card, you can check out passes for free and reduced-cost entry to places like Zoo Atlanta, Georgia State Parks & Historic Sites, The Center for Puppetry Arts and more.

Makerspaces and free WiFi in public libraries

Did you know that free high-speed WIFI is available through all of Georgia's public libraries?

A makerspace is a collaborative work space for making, learning, exploring, and sharing that uses no-tech to high-tech tools. These spaces are open to kids, adults, and entrepreneurs. Libraries have a variety of maker equipment including 3D printers, virtual reality glasses, Legos, paint sets, soldering irons, and even sewing machines.

Get your free library card today! They have something for everyone. The next time you are traveling, stop by a public library. You will be amazed at what you find. While I was on a trip to Nashville, I visited the public library. One of the original Freedom Riders was giving a presentation. He invited me to join the session. It was incredible to hear him share his story and provide words of wisdom to his audience.

Resources

Georgia Public Library Service - <https://georgialibraries.org/your-library-card/>

Makerspaces - <https://www.makerspaces.com/what-is-a-makerspace/>

Public Libraries - <https://publiclibraries.com/>

Public Libraries List of Borrowable Kindle Books - <https://publiclibraries.com/blog/list-of-borrowable-kindle-owners-lending-library-books/>

The Most Beautiful Libraries in America - <https://theculturetrip.com/north-america/usa/articles/the-usa-s-10-most-beautiful-libraries>

Women are encouraged to join our Slack community and participate in our Real Women Helping Women September, October, and November Virtual Meetings, third Saturday, 12:30-2:30.



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

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

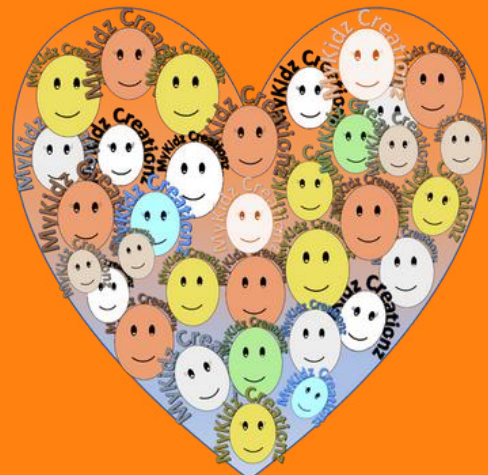
Evie is in the grip of a gambling addiction. She's terrified she'll destroy the lives of her husband and two small daughters, especially with her rising debt. She grabs onto a lifeline - the offer of a program that promises to heal addictions and give her a fresh start.

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

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



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



Contributors

- Char, *CYS Blog*
- Josy, *health Journey*
- Kim, *Creole Creative Canvases*
- Latanya, *Heart & Soul Wellness Solutions*
- Missy, *Library Visit*
- Stanley, *Wake the FICA Up!*
- Wairimu, *Zen and Earth*
- Angela & Zakkiyya, *proof and editing*

Thank you

Plan Your Journey to Excellence

- Update your 2023 M.O.V.E. journal or planner with your October goals!
- Email your ideas, pictures, personal stories, and suggestions to crawley@rwhwy.net.
- Join our M.O.V.E. channel in our **SLACK Community and participate in our challenges!**

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

When you make a tax-deductible donation, you are investing in our community.

Tax ID: 82-0656580



Send Your Donation via PayPal



Send Your Donation via Cashapp



Send Your Donation via Zelle to realwomenhelpingwomen@gmail.com



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.

Contact Us:

realwomenhelpingwomen@gmail.com

<https://rwhwy.my.canva.site>

Our Mission:

Provide educational support that improves the quality of life for women and children.

Our Vision:

Create an educational network that encourages women and youth to appreciate their worth.

