

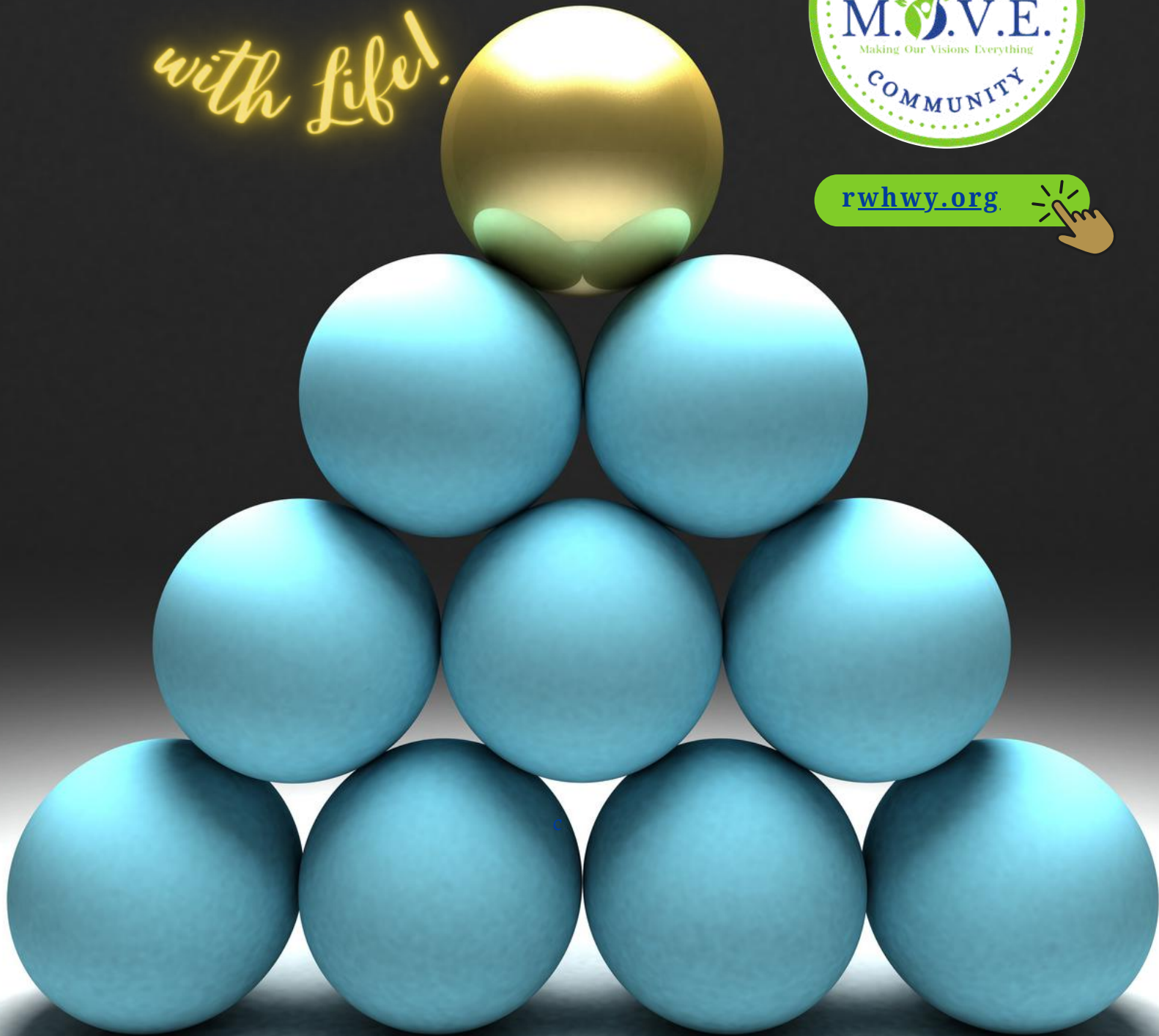
# M.O.V.E. Forward!

*with life!*

June 2024



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



**EmPOWERHer**

**REWARDS PROGRAM**

Participate in our

*Monthly  
Challenge*



**M.O.V.E. FORWARD!**

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Putting Wellness and Health First!  
*Dr. Crawley*

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# June Dream Fit Challenge



**\*You must be a member of our Slack community to be eligible for prizes.**

**This challenge is designed to inspire and support women in a journey towards better health, wellness, and the realization of personal dreams. Select a fitness goal for June.**

- **Customize your workout routine by selecting a variety of exercises that align with your interests, fitness level, and goals.**
- **Joining our virtual Zoom workouts Monday through Thursday at 7 pm EDT is an example of a monthly goal.**
- **Post your daily activities and progress in our Slack group to be eligible for prizes.**

**Below are some suggested exercises:**

## Cardio

- **Brisk Walk**
- **Swimming**
- **Dancing**
- **Cycling**
- **Running or Jogging**



## Strength

- **Resistance Bands**
- **Dumbbell or kettlebell exercises**

## Flexibility

- **Yoga**
- **Stretching**



**All THINGS are POSSIBLE IF YOU Believe**



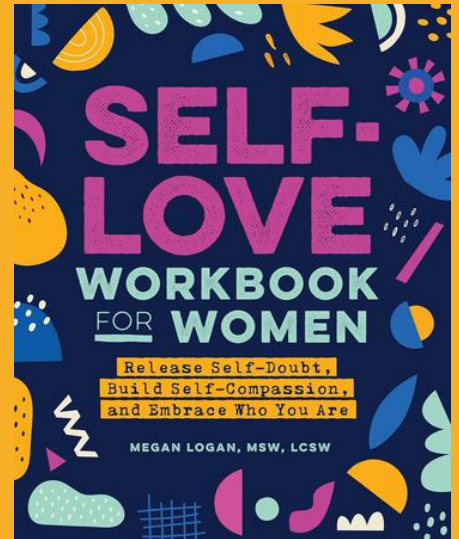
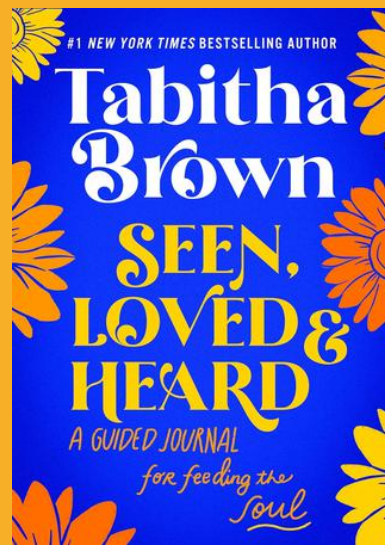
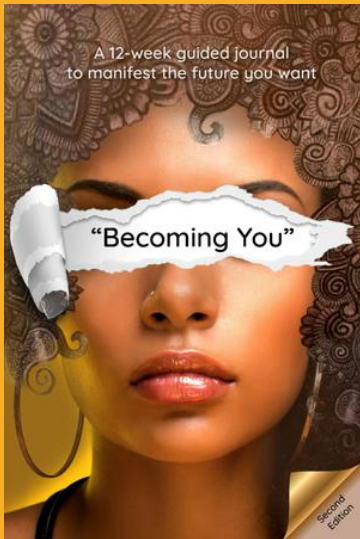


Stand Out!

Because your worth knowing!

love and joy  
Dr. Crawley

All of our journaling exercises help us realize that we are the best person to discover what we need and want in life. Below are a few of the journals that we have enjoyed as a group.



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



# Your donation makes a difference!

Donations help M.O.V.E. achieve its goals. We will be able:

1. Improve Physical Fitness Programs: Provide equipment to make women's fitness programs more effective and fun.
2. Improve Health Outcomes: Help participants improve their physical health and reduce lifestyle-related diseases.
3. Reach More Women: Provide fitness and wellness programs to more women in the community.
4. Empower Women: Increase fitness and self-confidence by setting health goals.
5. Foster a Supportive Community: Encourage women in their fitness journeys by building a stronger community.
6. Improve Mental Health: Exercise reduces stress, anxiety, and depression.
7. Encourage Lifelong Healthy Habits: Instill a love of physical activity in our participants to benefit them for years to come.
8. Share Success Stories: Celebrate participant accomplishments to inspire others and show program benefits to current and potential supporters.



## Donate to make a difference



Your donation

What impact will this donation have? ⓘ

One-time donation	Monthly donation	Yearly donation	
\$25.00	\$50.00	\$75.00	\$150.00

0.00 \$

Did you know? When you give on any other platform, up to 10% of your gift is used to cover fees. We choose to fundraise on Zeffy to receive 100% of your gift.



Summary

Donation \$0.00

Share this campaign



Send Your Donation via PayPal



Send Your Donation via Cashapp



Send Your Donation via Zelle to  
realwomenhelpingwomen@gmail.com



# EmPOWERHER!

## A M.O.V.E. Rewards Program




M.O.V.E. is introducing a commitment to self-improvement reward program for women participating in group activities for various durations as a way to acknowledge and incentivize long-term engagement and foster a sense of community. Below are the details about the tiered loyalty reward program.

### Tiers

Our tiers are designed to reward members who have continuously participated with our M.O.V.E. Slack channel.

When selecting fitness activities, it's essential to choose ones that align with your current fitness level. Gradually work your way up to higher intensity exercises as your fitness improves. It's critical to listen to your body, maintain proper form, and avoid injuries.


Before beginning any exercise routine, it's essential to consult with your physician. If you have specific fitness goals or limitations, a fitness professional can provide customized guidance to help you reach your goals safely and effectively.




**Explorer**  
3 months



**Adventurer**  
6 months



**Trailblazer**  
9 months



**Pioneer**  
12 months

# M.O.V.E. New Rewards Program!





## Cucumber Salsa Recipe!

Cilantro, red onion, jalapeño, cucumber, tomatoes, and creamy dressing are all ingredients in cucumber salsa. Chips, a side salad, or grilled meat would be great accompaniments.



### Materials:

- **3 cucumbers, peeled and chopped into small chunks**
- **1 small red onion, peeled and chopped into small chunks**
- **1-2 tomatoes, chopped into small chunks**
- **\*1 can Rotel (your level of spices, drained or entire can) may be substituted for red onion and tomatoes**
- **1 Tbsp fresh cilantro, chopped**
- **1 pkg dry ranch dressing**
- **1/8 c white vinegar (add more to your taste)**
- **pinch of sugar**

### Directions:

- **chop and mix ingredients to your preference (food processor is an option)**
- **refrigerate to get all of the flavors mixing**

# Juneteenth

The Significance of Juneteenth and its Impact on Mental Health  
(from June 2023 Issue of M.O.V.E. Forward! magazine)

Juneteenth, also known as Freedom Day or Emancipation Day, commemorates the emancipation of enslaved African Americans in the United States. This historic event holds deep cultural and social significance, but its influence extends beyond the realms of freedom and equality. Juneteenth also provides an opportunity to reflect on the profound impact of historical trauma and resilience on mental health in the Black community. Understanding this relationship is crucial for fostering healing, promoting mental well-being, and striving for social justice.

Juneteenth symbolizes strength and healing. Black people can reconnect with their heritage and culture by celebrating freedom and liberation. Juneteenth promotes mental health by honoring the past.

Juneteenth celebrations include community gatherings, parades, cultural events, and storytelling. These activities foster community and support. Community, sharing, and healing can improve mental health. Empathy, understanding, and empowerment promote resilience and well-being.

Juneteenth inspires advocacy and social justice. Systemic racism, equity, and mental healthcare barriers must be addressed to improve Black mental health. Juneteenth can spark mental health equity discussions, initiatives, and policies that reduce Black mental health disparities.

Juneteenth represents a powerful intersection of history, culture, and mental health in the Black community. By acknowledging the historical trauma, celebrating resilience, fostering community support, and advocating for social justice, this commemoration becomes a catalyst for healing and well-being. Recognizing the mental health implications of Juneteenth enables us to work towards a more inclusive and equitable society, where all individuals can thrive emotionally, mentally, and physically.





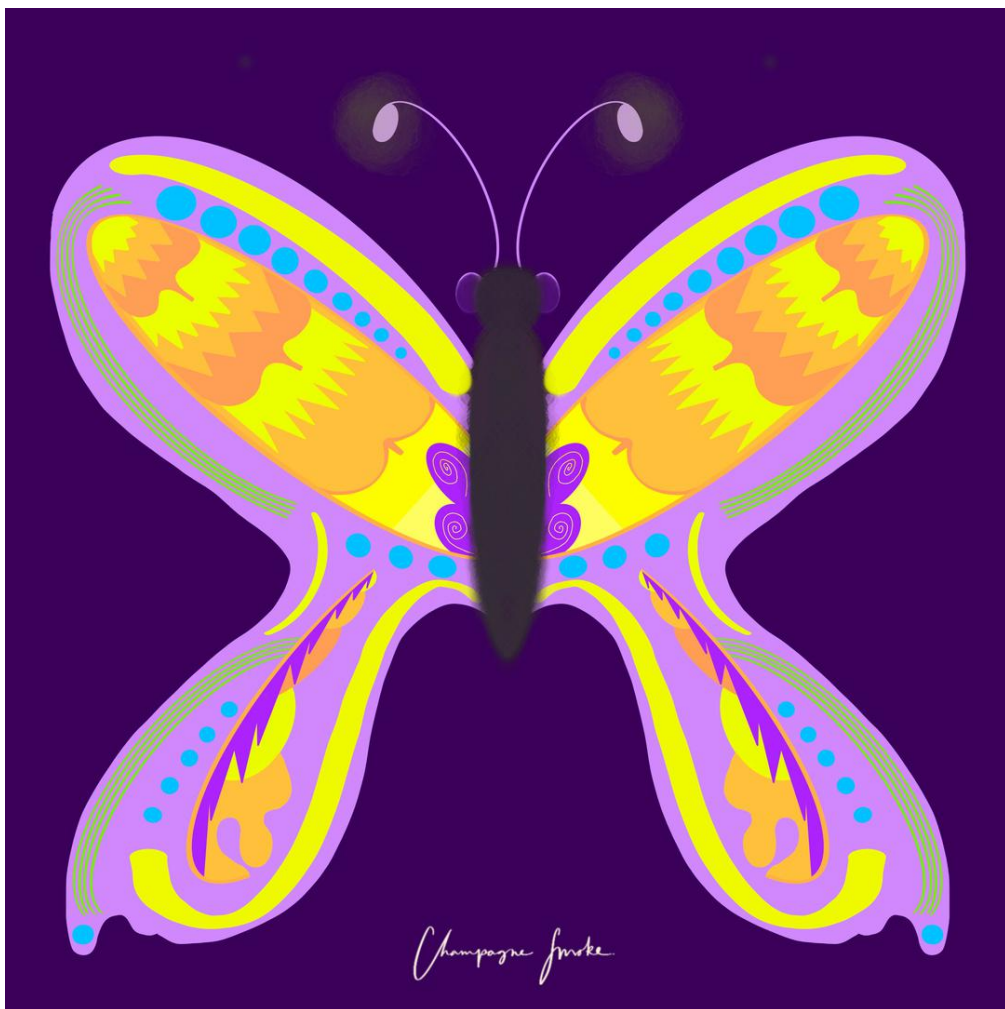
# Elevate Your Space with @champagne.smoke

Are you searching for that one-of-a-kind piece to complete your space? Look no further than @champagne.smoke commissioned art. Each piece is meticulously crafted by a talented artist, bringing life and character to any room. From abstract masterpieces to breathtaking scenery, the collection offers something for every discerning taste.

## "Dahlia Boom" -2024



CHAMPAGNE.SMOKE



Elevate your space with art that speaks to your soul. Follow me on Instagram @champagne.smoke to explore my latest creations.

Commission Inquiries: [artistchampagnesmoke@gmail.com](mailto:artistchampagnesmoke@gmail.com)



# Are you finding your dream career or are you creating it?

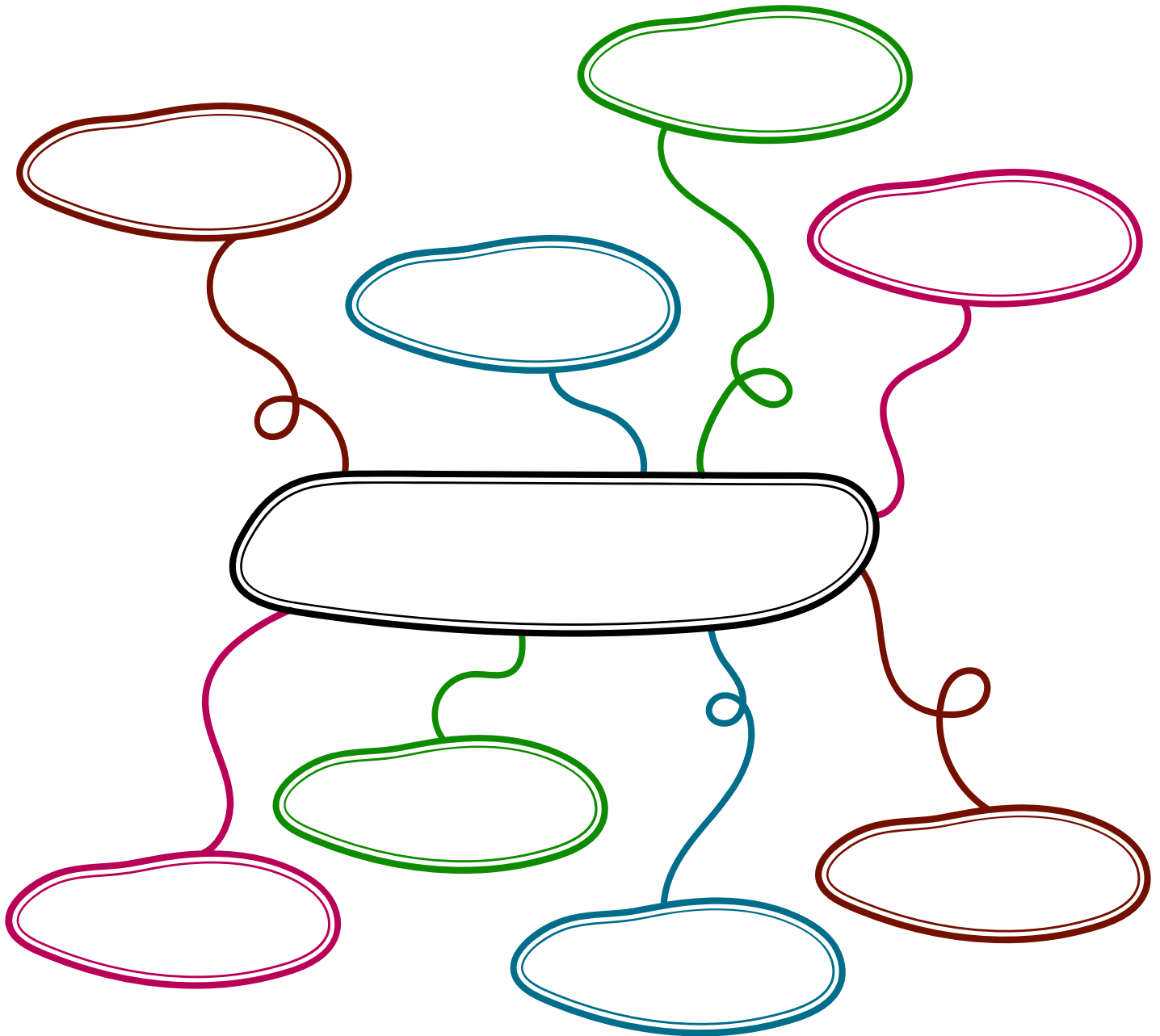


**To find your dream job, first identify your passions, skills, and values, then look for opportunities that match them. Alternatively, create your dream job by creatively combining your unique skills with market demands, or start your own business tailored to what you want from life.**



# My Dream Career!

MAP YOUR DREAMS...



*dream big*







The Thriving Woman Project

# The Thriving Women Project

## HERE'S HOW IT WORKS.....

The Thriving Woman Project offers weekly private coaching sessions online via Zoom.

Each week, I will guide you through a new module that explores a different aspect of holistic health and wellness.

You will also have access to workbooks and resources to help you implement the lifestyle changes we discuss and guide your transformation.

I will provide you with all the necessary tools and strategies you need to become the healthiest version of yourself, and I will be right by your side, guiding you every step of the way.

Everything is taken care of.

The comprehensive wellness coaching program to transform your mind and body.

Are you ready to feel inspired and empowered and take care of your body and soul?

## DOES THIS SOUND FAMILIAR...

- You're not happy with your weight and struggle to lose the extra pounds
- You feel overweight, tired, stressed, overwhelmed
- You are trying to make healthy food choices but are overwhelmed by the conflicting information out there.
- Confused on how to get started but scared to fail again
- You're done with restrictive diets that make you feel like you're starving
- You know it's time to make you a priority...but you don't know where to start
- You desperately want to improve your health and be full of energy
- You're concerned about developing health problems if you continue on this path

## By the end of this program, you will...

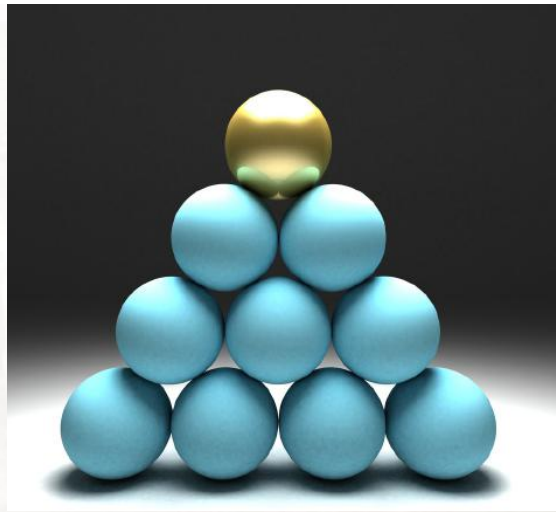
- feel excited every day that you are finally achieving your weight loss goal.
- feel calmer, happier, and more in tune with yourself.
- feel more self-confident.
- know exactly how to eat to easily maintain your dream weight for the long term.
- feel and look more radiant than ever before.
- have transformed your daily routines to support the best possible version of yourself.
- know that you have made changes to help you prevent disease and extend your life.

## IT'S TIME TO EMBRACE A HEALTHIER YOU

I INVITE YOU TO EMBARK ON A TRANSFORMATIVE WELLNESS JOURNEY

Let's talk about whether this program is a good fit for you!

[BOOK A DISCOVERY CALL](#)



**Embrace your uniqueness, for it is the light that will guide you through any crowd. As an African American woman, your strength, beauty, and resilience are unmatched—stand tall, stand proud, and let your brilliance shine.**





In my early twenties, I had a strong desire to reside in Europe, and that dream eventually became a reality. I resided in London for 8 months, visited Germany for 3 months, explored Morocco for a week, and traveled across Europe by train for a month. ~Darlene



*Dreams  
are  
true*





## REVIVED DREAMER

By Missy

The conundrum of life frequently leads way to the displacement of dreams. Thereby, making dreams a reality is left up to the imagination and creativity of the dreamer. Dreamers sometime spend their entire life trying to keep their dreams from falling into the societal quagmire of complacency. These are the words of a revived dreamer.

Susan was not born with a silver spoon in her mouth. Actually, she was the fifth child in a family of seven. Most of her belongings belonged to someone else before they became hers. Her childhood as a dreamer was interesting, to say the least. She lived in the country at the end of a dirt road. The family house faced a cow pasture and to the right of the house was a huge farm. There house was the first house at the end of the road to have indoor plumbing. Everyone that lived on this dirt road was related in one way or another.

In this family community, when someone became old enough to move out of his or her parent's house, they would simply buy a trailer and put it in the backyard. This was no life for a dreamer. Susan often imagined ways of getting out of this cycle. Paralyzed with the fear of sliding thoughtlessly into this community swamp of contentment, she prayed for an answer to her dilemma.

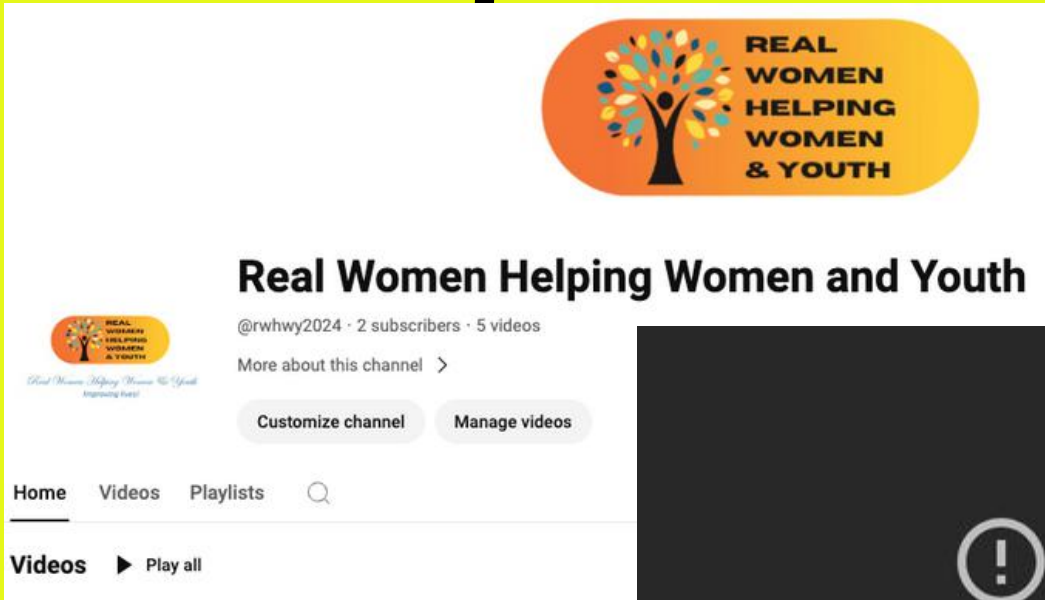
God answered her prayer. In the fall of 1980, she met another dreamer. He had a vision, a plan, and he took Susan with him. They moved to the big city where everything was loud, busy, and plentiful: a wife, a mother, a dreamer in a strange land away from family and friends. Susan's dreams soon became lost in the many roles that she had to play. Life was great, yet her dreams seemed to fade into the distance becoming only a shadow.

Many changes took place in Susan's life before she finally landed in Atlanta, Georgia with her children in 1989. (marriage, divorce, marriage, death, divorce, single parenthood) During this time, many of her dreams became a reality and others became a nightmare. Susan was turning new dreams into reality, yet her old ones remained faded and entrapped.

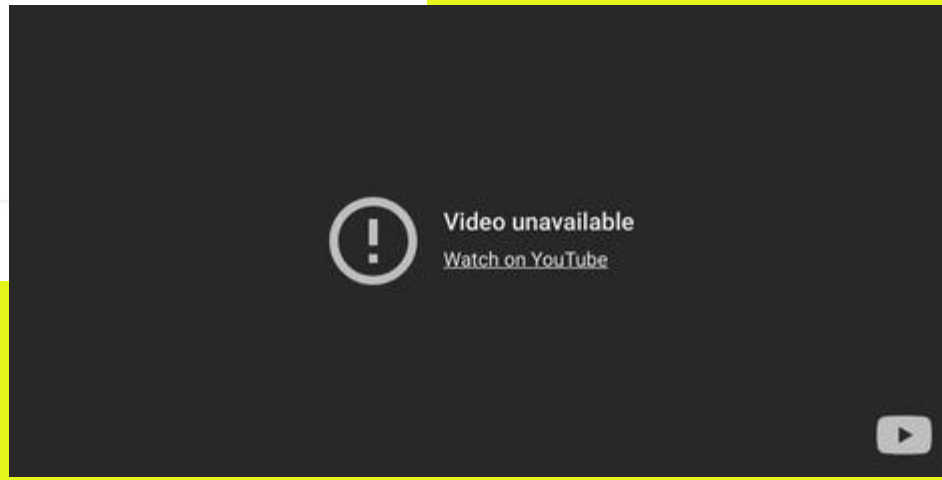
In the fall of 2001 she attended a training course entitled, "Who Moved My Cheese?" The training facilitator asked the class, "What would you do if you weren't afraid?" This question revived something on the inside of Susan. She was reminded of all the things she wanted to do. The dreams she had dreamt and goals she had made were once again energized. From that day forward, Susan began dusting off old dreams and making new ones. She enrolled in college, become a training facilitator, learned to ski, and learned to eat with chopsticks.

Advice from Susan: Life's puzzle often leads way to misplaced dreams. Don't become complacent and allow your dreams to fall prey to what society considers normal. True dreamers never give up on their dreams. It's never too late. If you have dreams that have become a faded memory, ask yourself what would you do if you weren't afraid?

# Visit Our **NEW!** YouTube Channel!



View our  
workout playlist!



Help Us Make a Difference! We're reaching out to you because we deeply believe in the strength of community and the incredible impact we can achieve when we unite for a common cause. RWHW&Y on the lookout for passionate volunteers to join our dynamic team.

Currently, we're seeking volunteers for the following roles:

- 1. FUNdraisers:** Are you passionate about making a difference? Join our fundraising team and help us achieve our ambitious goals.
- 2. Social Media Specialist:** Do you have a knack for crafting compelling content? Join our social media team and assist us in expanding our reach and achieving our membership targets.

**Volunteers  
needed**

If you're eager to lend a hand or want to learn more about the exciting opportunities available, please don't hesitate to reach out to Carmen using the contact information provided below. Your participation can truly make a world of difference. Let's create positive change together!



# Women are invited to join our Slack Community



Attention Amazing Women! Real Women Helping Women & Youth has a Slack community, created specifically for YOU to connect, support, and inspire each other.

**Who Should Join?** Women are welcome to join our community, share their experiences, seek advice, and collaborate with others who understand the unique challenges and opportunities that women face.

**What Awaits You:** Join forces with like-minded women to share your triumphs, seek advice, and cultivate collaborations. Dive into discussions tailored to the unique challenges and exciting opportunities that women encounter in various aspects of life. It's not just a community; it's a sisterhood where your experiences matter, and your growth is celebrated.

**The Real Difference:** Our mission is to empower women by providing them with the tools, skills, and opportunities to succeed. We provide an uplifting and nurturing environment. And here's the best part - our services come at no cost! All we ask is for your active participation to make this community flourish.

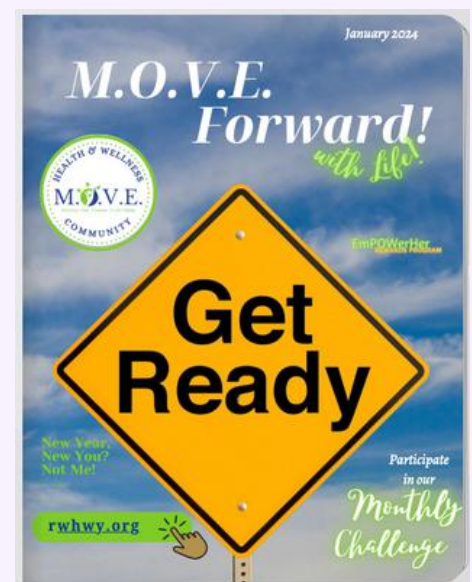
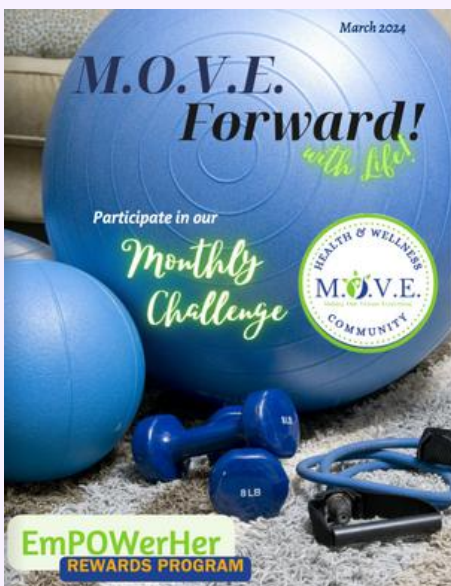
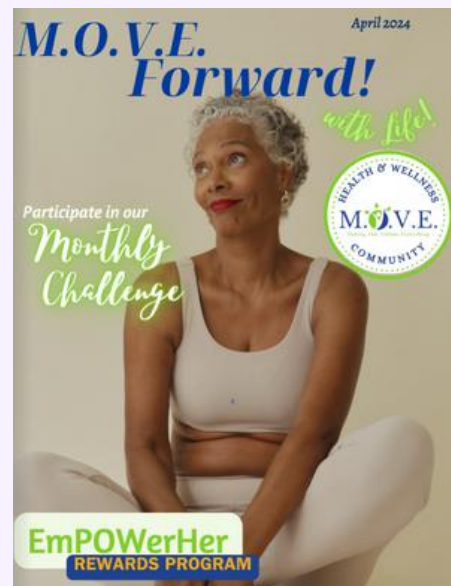
**How to Join:** Are you a woman ready to become a part of this uplifting Slack community? Simply email [realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com) and request to join our Slack community.

Don't miss out on this incredible opportunity to surround yourself with a community of women who are dedicated to creating a space where you can flourish, share, and grow.





Our magazine showcases a health-conscious theme with a specific interest in articles that center on enhancing 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.



Do not miss issues. Email [realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com) to join our magazine distribution list.

Visit our website to browse previous issues of M.O.V.E. Forward! or click the photo. Submissions are due by the 24th of the month.





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Submissions are due by the 24th of the month.



RWHW&Y is a 501(c)(3) nonprofit organization that operates five programs specifically designed to enhance the well-being of women and youth.

## Our Wise Ladies (O.W.L.s) is a book club



O.W.L.s are reading *Birthmarked* by Caragh M. O'Brien

In a brutal, arid world where water is valued more than gold, Gaia Stone and her family live under the watch and care of the Enclave. For all that the Enclave ...

Join our Slack or Facebook community for more information on the next book selection.

N.I.C.E. (Network, Inspire, Connect, Encourage) teens (ages 13-18) are scheduled to meet on June 8 to discuss social skills. Reach out to LaKeissa Armour at [Armour@rwhwy.net](mailto:Armour@rwhwy.net) for additional information.



## 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 (Real Women Helping Women) encourages women to broaden their personal and professional networks while also cultivating a strong sense of community, and service. Members of concentrate on three pillars: 1. Socializing, 2. Networking, and 3. Volunteering. Women are welcome to join our Slack community and learn more about RWHW events and activities.



Our next Invaluable Me! Sister Circle private support group, which helps women recognize their unique value and contributions to their lives and others, will be announced shortly. Women are welcome to join our Slack community to join Invaluable Me! and take part in free events and activities.





# Contributors

Thank you

- *Darlene, Dreams*
- *Dr. Sarah, The Thriving Women Project*
- *Khaatia, Champagne Smoke*
- *Latanya, Heart & Soul Wellness Solutions*
- *Missy, Revived Dreamer*

**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.**

**Contact Us:**  
**realwomenhelpingwomen@gmail.com**  
**crawley@rwhwy.net**  
**[rwhwy.org](http://rwhwy.org)**

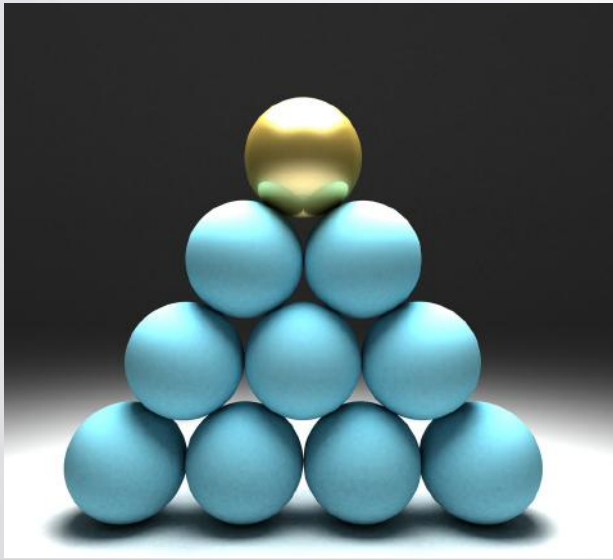
**Real Women Helping Women & Youth (RWHWY) supports M.O.V.E. Forward! magazine and encourages women to join our Slack community and encourages women and youth to participate in our events and activities.**

**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.





*Embrace your uniqueness and stand tall! As the standout in the crowd, never apologize for being authentically you; your uniqueness is your greatest strength and the spark that ignites change in the world.*

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

A Real Women Helping Women & Youth Program

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

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

