

M.O.V.E. Forward!

August 2024

with Life!

Community

rwhwy.org

EmPOWerHer

REWARDS PROGRAM

Participate in our
*Monthly
Challenge*



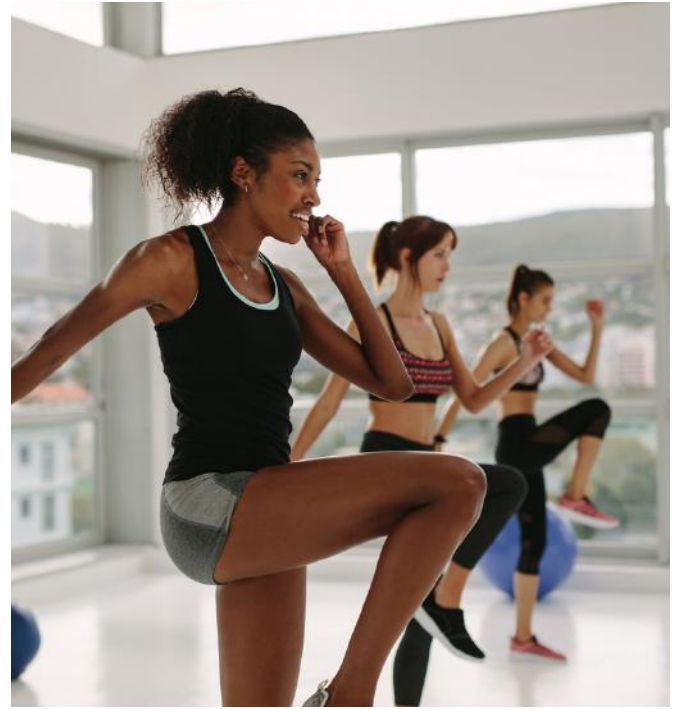
M.O.V.E. FORWARD!

Table of Contents

Putting wellness and health first will help us to make our visions everything. We are M.O.V.E.ing and grooving in 2024!

Dr. Crawley

Monthly Challenge	<u>02</u>
Women Supporting Each Other	<u>03</u>
Donate	<u>05</u>
EmPOWERHer Rewards Program	<u>06</u>
Easy Recipe	<u>07</u>
TAPN2U (listen to the message)	<u>09</u>
Black Women Read Political Book Club Invite	<u>10</u>
Power of Women Supporting Each Other	<u>11</u>
Gastroparesis	<u>12</u>
Wanderlust Voyages (Wellness & Travel)	<u>13</u>
Staying the Course	<u>15</u>
DEI	<u>17</u>
The 1610 Project Social Justice Book Club Invite	<u>18</u>
Invaluable Me! Woman Evolve (RSVP)	<u>19</u>
N.I.C.E. - Bullying (RSVP)	<u>20</u>
Magazine Shelf	<u>23</u>
RWHW&Y Program Updates	<u>25</u>



M.O.V.E. August Community Challenge



As part of our M.O.V.E. challenge for the month of August, we are focusing on strengthening our community and getting to know one another. You can earn entries into the weekly \$25 drawing in one of the following ways in our Slack community:

1. answer the Question of the Day
2. sharing something about yourself
3. saying hi to someone in our Slack community
4. attend our free Zoom workouts

If you are a woman, and haven't done so already, feel free to join our Slack community, participate in our activities, network, earn gifts and prizes. The monthly drawing for August will be kitchenware and is open to anyone who participates in our challenge and workouts.



[Women should click here to send a request to join our Slack Community.](#)



How Women Can Support Each Other on Their Fitness Journey

(written Dr. Crawley with the help of ChatGPT)

Fitness is more than just physical well-being; it encompasses mental and emotional health, self-confidence, and overall quality of life. For many women, embarking on a fitness journey can be challenging, and may be filled with obstacles and self-doubt. However, when women come together to support one another, these journeys can become more enjoyable, sustainable, and successful. This article explores various ways women can support each other on their fitness journeys, creating a community of encouragement and empowerment.

1. Creating a Supportive Environment

A positive and supportive environment is crucial for anyone pursuing fitness goals. Women can foster this by creating safe spaces where they feel comfortable and motivated. This could be a group of friends meeting regularly for workouts, a supportive online community such as our Facebook or Slack communities, or even a workplace wellness group. According to a study published in the **Journal of Health Psychology*, social support significantly impacts exercise adherence and enjoyment.

2. Sharing Knowledge and Resources

One of the best ways women can support each other is by sharing knowledge and resources. This includes workout plans, healthy recipes, fitness tips, and motivational content that can be found in our M.O.V.E. Forward! magazines.

3. Setting Goals Together

Setting and achieving goals is a fundamental part of any fitness journey. Women can support each other by setting collective goals, such as training for a 5K race or committing to our M.O.V.E. month-long fitness challenges. This not only provides a sense of accountability but also turns the process into a shared experience. Research shows that goal-setting in groups can increase motivation and success rates.

4. Celebrating Each Other's Successes

Celebrating milestones, no matter how small, is essential for maintaining motivation. M.O.V.E.'s emPOWERHer Rewards Program is an example of RWHWY celebrating our members who participate in our challenges. Women can uplift each other by acknowledging and celebrating each other's progress. A study by the **American Psychological Association* highlights that recognition and praise significantly boost self-esteem and persistence in achieving goals.



M.O.V.E.

The purpose of our women's health and wellness program is to promote a sense of community, provide educational resources, actively involve members, and assist women in making positive changes to their overall well-being.

Please consult with your physician before initiating any health changes, diet, or exercise.



Women are invited to join our Facebook group



How Women Can Support Each Other on Their Fitness Journey (continued)

5. Offering Emotional Support

Fitness journeys are often accompanied by emotional ups and downs. Offering a listening ear, words of encouragement, and emotional support can make a significant difference. According to a report by the *National Institutes of Health, emotional support from peers can reduce stress, anxiety, and improve overall mental health.

6. Engaging in Group Workouts

Group workouts are not only fun but also highly motivating. Women can attend our free Zoom workouts, volunteer to lead workout sessions, or gather a group for a jog, yoga class, or a strength training session. The *Journal of Sport and Exercise Psychology states that group exercise can improve adherence and enjoyment compared to solitary workouts.

7. Creating Accountability Partnerships

Having an accountability partner can significantly enhance commitment to fitness goals. Women can pair up to check in on each other's progress, share daily workout updates, and motivate each other to stay on track. There is more information available on the #weight-loss-journey channel, and they will be working on finding accountability partners. Accountability partnerships can be incredibly effective, as shown by research published in the *International Journal of Behavioral Nutrition and Physical Activity.

Conclusion

Women supporting women in their fitness journeys creates a powerful ripple effect of positivity, motivation, and success. By fostering a supportive environment, sharing knowledge, setting goals together, celebrating achievements, offering emotional support, engaging in group workouts, and creating accountability partnerships, women can uplift and empower each other to achieve their fitness goals. Together, women can break barriers, overcome challenges, and thrive in their pursuit of health and wellness.

References

1. Journal of Health Psychology. (2020). "The Role of Social Support in Exercise Adherence."
2. American Psychological Association. (2019). "The Impact of Recognition on Motivation and Self-Esteem."
3. National Institutes of Health*. (2018). "Emotional Support and Mental Health."
4. Journal of Sport and Exercise Psychology. (2017). "The Benefits of Group Exercise."
5. International Journal of Behavioral Nutrition and Physical Activity. (2021). "The Effectiveness of Accountability Partnerships in Fitness Goals."

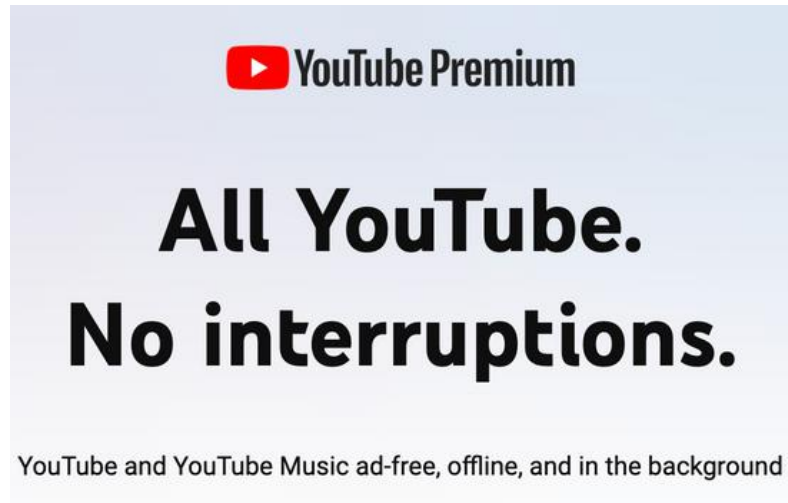


Women are invited to join
Invaluable Me!
in our Slack Community

A private support group helping women recognize their unique value and contributions to their lives and others through Sister Circles.



Your donation makes a difference!



Please donate today! Once we raise \$140, we will purchase the premium YouTube subscription and be able to show workout videos uninterrupted!

**There are several ways to support
Real Women Helping Women & Youth
Tax ID: 82-0656580**

Our vision is to recognize and celebrate the limitless potential of every woman and youth. Your tax-deductible donations are crucial in supporting our community and helping us achieve our goals. Here are some ways your contributions make a difference:

- Funding fitness and wellness programs
- Educational programs for children
- Books and journals to promote literacy, lifelong learning, and self-improvement.

Your support enables us to continue making a positive impact in our community. Thank you for helping us realize and celebrate the potential of every woman and youth.

Donations options:

One-Time

Monthly

or Annually

with



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.

Rewards Program!



Nutrition & Eating Healthy

Recipe submitted by our member - Charisse,
one of her favorites from Cooking Matters



Mini Pizzas.....25mins/6 servings

Ingredients

- Vegetables: red or green bell peppers (medium), tomato (1 large), button mushrooms (8oz) and/ or any seasonal veggies you like.
- Chunk part-skim mozzarella cheese (4oz)
- Whole grain English muffins (6) or Mini pitas
- Canola oil (1 tablespoon)
- Dried Oregano (1/2 teaspoon)
- Dried Basil (1/2 teaspoon)
- Can tomato sauce - no salt (8oz)
- Optional: Turkey pepperoni slices (12) or cooked turkey sausage, ground chicken or ground beef

Directions

- Preheat oven 450F
- Rinse and dice/ slice your veggies
- Shred cheese
- Bake muffins until edges are lightly browned (10mins)
- In a large skillet over medium heat, heat oil. Add peppers and mushrooms and cook for 5 mins.
- Transfer veggies to a medium bowl. Add tomatoes. Stir to combine.
- Stir spices directly into the can of tomato sauce
- When muffins are lightly browned spoon 1 tablespoon of sauce over each muffin half, coat evenly
- Layer veggies evenly over sauce. if using pepperonis slices place one slice on each muffin half or tablespoon of ground meat then top with shredded cheese.
- Bake muffins until cheese is melted and bubbly (6-8mins)
- Let pizza cool for about 2 minutes before serving

**Women are invited to join our Slack
Community and post additional options in our
#M.O.V.E. or #Random channels!**





I LOVE M.O.V.E.

a RWHW&Y program



**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](#)



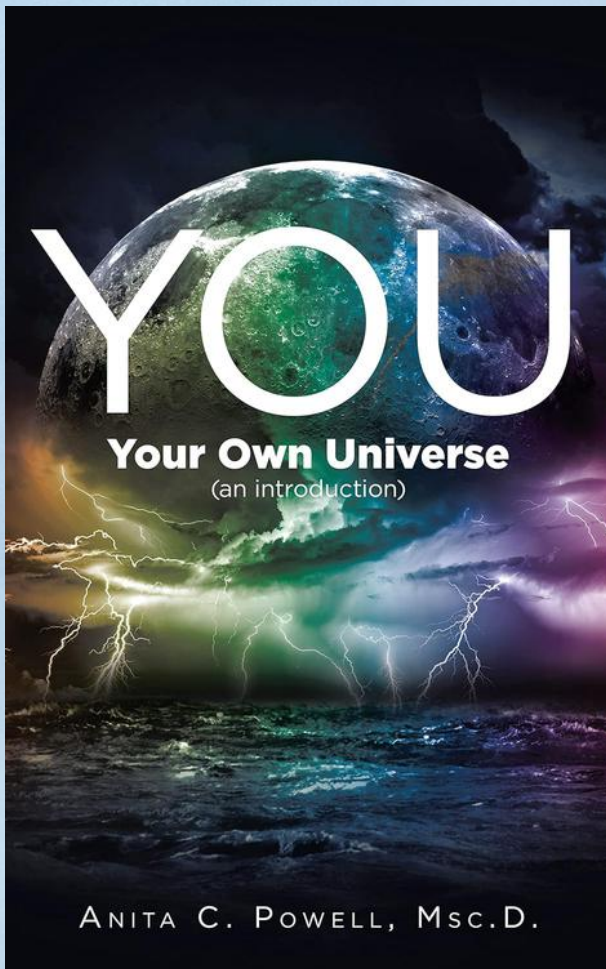
Elevate & Touch on Trust - TAPN2U

(YOU- Your Own Universe)

It ain't the thing...it's how You look at it.(c) Thought Healing(c)

Join the Movement...the TAPN2U (Inner Peace & Thought Healing) Movement

Order your copy of YOU today! YOU is a 2 in 1 guide and journal combination that gives a simplistic explanation of our Major Chakra and The 10 Body Systems.



Copyrighted Material
Dr. Anita Caprice Powell brings together the ancient teachings of energy so that we can unlock the truths to creating and living the happy, abundant, joyful life we were intended to live. She posits that we are Divinely Designed which helped me know that Nothing is wrong, and I have all I need to live the life I want. Dr. Powell presents the material as a reference guidance that I will want to keep on my nightstand.

Energy is everything, and Dr. Powell gives us the information in an understandable straight forward manner so we can become "the Soul Beautiful we already are".

-Zenell B. Brown (Michigan - USA)

What a beautiful title. I was expecting just an overview of the topic, but oh bouy. It is an extravaganza in a nutshell. Such intriguing and relatable read that even a young enthusiast can absorb the anatomy of the inner universe. It guides you towards a pathway to raise your perception from the physical perception to the higher understanding of self and thus the divine. There's a clear explanation of the fundamental aspects of inner engineering which will help us have a clarity of vision. "YOU" helps us to be intellectually aware of the inner mechanism n not just be experientially realised. Just like Sadhguru says that "if we can't be present with the sweetness of emotions, you can't be involved in the world." This is exactly what "YOU" does to you. Enhancing and revitalising the energy fields to better our lives. A must read ❤️

-Sanjhna Nayarr (Assam - India)

It is my great pleasure and honor to write this endorsement of Dr. Anita Caprice' latest book because it was also her who encouraged me to practice my writing some more. Although I was a paid professional blogger prior to meeting her, somehow, I lost my faith in myself as a paid writer. I remember listening to her self-produced spoken poetry, called "Namaste Sweet Thing," and I knew that she had in that recording a Spirit-led project because it also ignited in me a sense of soulful healing. Little did she know that when she complimented me for writing a review on her recording, I was recovering a piece of myself which I felt buried in the depths of my insecurities.

Prayerfully, I TRUST that you will find yourself creating a life that truly fulfills you from the inside-out with the help of this book, because I've known the author herself for a couple of years now and that is her sincere intention for her readers too.

-Reverend Reg (Manila - Philippines)

This book is a manuscript of practice. As I always say read less but practice more. I won't say more in few words Just experience and let it flow within you And feel it.

-Divesh C. Sreekeessoon (Indian Ocean & Africa - Mauritius)

Educational Consultant

Contact info

(313) 605-8220

Mobile

tapn2you@gmail.com

Email

<https://www.anitacpowell.org>

Website



Anita C Powell, Msc.D. (she/hers)

TAPN2U Movement, LLC

(TAPN2U 4 World Peace & Change the World)

Self-Awareness is Self Recovering.

Self Recovering is Thought Awareness & Healing.

World Peace begins with One Individual ~ One Thought ~ One Healing

Join the Movement...The TAPN2U Movement!

Thriving to be a Sustainable Branding Online Home





Love
THE body
you are
IN ←



Black Women Read Political Book Club Invitation

Envisioned and created by *Malynda Rascoe*, the Black Women Read Political Book Club is a virtual reading group designed specifically for the intellectual minds of Black, Indigenous, and Women of Color (BIWOC). Using books as a catalyst; we dissect and discuss topics relating to policy, economics, race, culture, relationships, and every social issue in between. Our book club is 100% online. We convene monthly via Zoom and GroupMe to discuss individual books, and for networking engagement activities.

JOIN NOW



Book
Clubs



The Power of Women Supporting Women: A Catalyst for Change

(written by Dr. Crawley with the help of ChatGPT)

In an era where the voices and contributions of women are more recognized and celebrated than ever, the importance of women supporting women cannot be overstated. From the boardrooms of Fortune 500 companies to grassroots movements, the impact of solidarity among women is driving profound social, economic, and cultural transformations. This article explores the significance of women's support networks, highlights inspiring examples, and delves into how these alliances are fostering change across the globe.

The Importance of Women Supporting Women

The concept of women supporting women is rooted in the idea that mutual support and mentorship can bridge gaps in opportunities, combat systemic inequalities, and amplify female voices. Research has shown that women who have strong female support systems are more likely to achieve their career goals and experience higher job satisfaction. According to a study by McKinsey & Company, companies with gender-diverse leadership teams outperform those without, highlighting the benefits of diverse perspectives and collaborative environments.

Mentorship and Networking

One of the most tangible forms of support among women is mentorship. Successful women mentoring other women create a ripple effect of empowerment. For instance, initiatives like our Invaluable Me! Sister Circles, founded by Dr. Crawley, offers a platform for women to share experiences, seek advice, and provide support. These circles have discussed vulnerability, explored music as a form of art and will be discussing Woman Evolve (see page 19) in August. *Invaluable Me!* plans to continue being a community of Sister Circles whose members are working on self-improvement. If you are a woman interested in joining, join our Slack community today.

Grassroots Movements and Advocacy

Grassroots movements have been pivotal in advocating for women's rights and equality. Movements like #MeToo, founded by Tarana Burke, have shown the world the power of collective voices. By sharing their stories, women have been able to highlight issues of harassment and abuse, leading to significant cultural and legal changes.

Moreover, organizations such as Women for Women International provide support to women in conflict-affected areas, helping them rebuild their lives through vocational training, education, and community support. This solidarity not only empowers individual women but also strengthens entire communities.

Women in Leadership

The rise of women in leadership positions across various sectors is a testament to the power of women supporting women. Leaders like Jacinda Ardern, Prime Minister of New Zealand, and Mary Barra, CEO of General Motors, have often spoken about the importance of mentorship and support from other women in their journeys. Their success stories serve as inspirations, proving that when women lift each other up, the sky is the limit.

Conclusion

The power of women supporting women lies in the collective strength, resilience, and determination that arise from solidarity. As more women reach out to support one another, the barriers that have historically held women back continue to crumble. This collective empowerment not only benefits women but also contributes to a more equitable and just society. By continuing to foster these networks of support, women are paving the way for future generations to thrive in a world where their contributions are valued and celebrated.

References

1. McKinsey & Company. (2018). "Delivering through Diversity."
2. Lean In. (2021). "Circles." [Lean In Circles](<https://leanin.org/circles>).
3. Ellevest Network. (2022). "About Us." [Ellevest Network](<https://www.ellevestnetwork.com>).
4. National Association of Women Business Owners. (2022). "About NAWBO." [NAWBO](<https://www.nawbo.org>).
5. Burke, T. (2017). "#MeToo Movement." [MeToo](<https://metoomvt.org>).
6. Women for Women International. (2022). "Our Mission." [Women for Women International](<https://www.womenforwomen.org>).
7. New Zealand Government. (2022). "Jacinda Ardern Biography." [NZ Government](<https://www.beehive.govt.nz/minister/biography/jacinda-ardern>).
8. General Motors. (2022). "Mary Barra Leadership." [General Motors](<https://www.gm.com/our-company/leadership/mary-barra.html>).

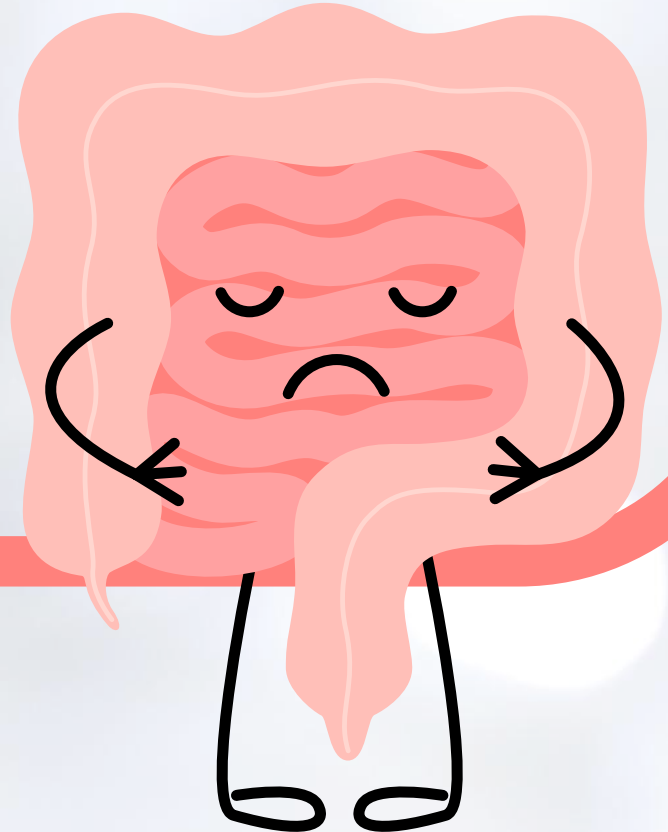


**Did
you
KNOW?**

**August is
Gastroparesis
Awareness Month**

***Gastroparesis is a chronic
condition that affects the
stomach's ability to empty
food into the small intestine.***

LEARN MORE



MARQUET JOHNSON

Columbia, MD Travel Agent

Wanderlust Voyages, an independent agent with Inteletravel, a Travel Leaders Network Affiliate Agency

"I was 350 lbs in 2015. I am now a competitive bodybuilder and have reversed my diabetes and hypertension due to my weight loss."

WELLNESS AND GROUP TRAVEL SPECIALIST

Hello! My name is Marquet Johnson. I am a mom, ICU Registered Nurse, Bodybuilder and Travel Agent. I was 350 lbs in 2015. I am now a competitive bodybuilder and have reversed by diabetes and hypertension due to my weight loss.

My interest in travel came from a desire to see more of the world while traveling for bodybuilding competitions. During that time I fell in love with planning and taking trips. I loved it so much I wanted to do it for others. I later specialized in Wellness travel as many find travel can make eating healthy, exercising and relaxation difficult.

Group travel is of special interest to me, as more and more people are choosing to create experiences with their friends and families. Groups can take many forms and I love creating experiences to meet the needs of each group. If you have a family reunion, family vacation, retreat, or just want to get away with the girls ---land, sea, or air, I am available to relieve your stress about planning and allow you to enjoy your travel experience.

Traveling while attempting to achieve or maintain health and wellness goals can be difficult. My experience as a Wellness professional, as well as my focus on ensuring that your travel plans take into account your specific diet, exercise, interaction with nature, and need for rest and relaxation. My goal is to create travel experiences that allow my clients to focus on the memories that will last a lifetime. I handle every aspect of the process and I am available from the time you book to when you return home.

Contact Me Today

443-776-1192

linktr.ee/MarquetJohnson

<http://agents.travelleaders.com/MarquetJohnson>

www.linkedin.com/in/wanderlustvoyages



Contact Me Today

443-776-1192

linktr.ee/MarquetJohnson

<http://agents.travelleaders.com/MarquetJohnson>

www.linkedin.com/in/wanderlustvoyages



"I was 350 lbs in 2015. I am now a competitive bodybuilder and have reversed my diabetes and hypertension due to my weight loss."

MARQUET JOHNSON

Columbia, MD Travel Agent

Wanderlust Voyages, an independent agent with Inteletravel, a Travel Leaders Network Affiliate Agency



Staying the Course: How Women Can Sustain Their Fitness Journey

(written by Dr. Crawley with the help of ChatGPT)

Starting a fitness journey is an empowering decision, but sustaining it can be challenging. Many women face obstacles such as time constraints, lack of motivation, and external pressures that can derail their progress. However, with the right strategies and mindset, women can maintain their fitness routines and achieve long-term health benefits. This article delves into effective ways women can sustain their fitness journey.

- **Setting Realistic Goals** - Setting achievable and realistic fitness goals is the cornerstone of a sustainable fitness journey. Unrealistic expectations can lead to frustration and burnout. According to the *American Council on Exercise (ACE), SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—are essential for long-term success. For example, instead of aiming to lose 20 pounds in a month, set a goal to exercise three times a week and gradually increase the intensity.
- **Finding Enjoyable Activities** - Engaging in physical activities that you enjoy increases the likelihood of sticking with them. Whether it's dancing, hiking, swimming, or yoga, finding joy in the activity makes it feel less like a chore. A study published in the *Journal of Behavioral Nutrition and Physical Activity found that enjoyment of physical activity is a significant predictor of long-term adherence.
- **Building a Support System** - Having a strong support system, like our M.O.V.E. group, can make a substantial difference in maintaining a fitness routine. Friends, family, or fitness groups can provide motivation, encouragement, and accountability. According to research by the *Mayo Clinic, social support can enhance adherence to fitness programs and improve outcomes. Joining fitness classes, online communities, or even having a workout buddy can create a network of support.
- **Incorporating Variety** - Variety is key to preventing boredom and plateauing in a fitness journey. Our free Zoom virtual workouts chooses various videos that keeps our workouts interesting and challenges different muscle groups. This can include alternating between strength training, cardio, flexibility exercises, and trying new dance moves. The *American College of Sports Medicine (ACSM) recommends varying workouts to improve overall fitness and prevent injury.



Staying the Course: How Women Can Sustain Their Fitness Journey (continued)

- **Prioritizing Recovery** - Recovery is an often overlooked but crucial component of a sustainable fitness journey. Adequate rest, proper nutrition, and activities like stretching and foam rolling help the body recover and prevent burnout. The *National Sleep Foundation emphasizes that sufficient sleep is vital for muscle recovery and overall performance. Incorporating rest days and listening to your body can prevent overtraining and injuries.
- **Staying Flexible** - Life can be unpredictable, and it's essential to stay flexible with your fitness routine. If you miss a workout or have a setback, don't be too hard on yourself. Instead, adjust your plan and keep moving forward. A study in the *Journal of Health Psychology found that self-compassion can enhance motivation and adherence to fitness goals. Adapting to changes and being kind to yourself can sustain long-term commitment.
- **Tracking Progress** - Monitoring progress can provide motivation and highlight achievements. Whether through a fitness app, journal, or wearable technology, tracking workouts, nutrition, and milestones can offer a sense of accomplishment. The *International Journal of Behavioral Nutrition and Physical Activity reports that self-monitoring is associated with increased physical activity and weight loss.
- **Seeking Professional Guidance** - Sometimes, expert guidance is necessary to maintain a fitness journey. Personal trainers, nutritionists, and physical therapists can provide tailored advice, correct techniques, and personalized plans. The *American Council on Exercise (ACE) suggests that professional guidance can help overcome plateaus and prevent injuries.

Summary

Sustaining a fitness journey is a blend of setting realistic goals, finding enjoyable activities, building a support system, incorporating variety, prioritizing recovery, staying flexible, tracking progress, and seeking professional guidance. By embracing these strategies, women can overcome obstacles, stay motivated, and achieve long-term health and wellness. Remember, the journey is as important as the destination, and every step forward is a step towards a healthier, happier you.

References

1. American Council on Exercise (ACE). (2020). "Setting SMART Fitness Goals."
2. Journal of Behavioral Nutrition and Physical Activity. (2018). "Enjoyment of Physical Activity as a Predictor of Long-Term Adherence."
3. Mayo Clinic. (2021). "The Role of Social Support in Fitness Adherence."
4. American College of Sports Medicine (ACSM). (2019). "Variety in Workouts for Overall Fitness."
5. National Sleep Foundation. (2020). "The Importance of Sleep for Muscle Recovery."
6. Journal of Health Psychology*. (2017). "Self-Compassion and Motivation in Fitness Goals."
7. International Journal of Behavioral Nutrition and Physical Activity*. (2022). "Self-Monitoring and Physical Activity."
8. American Council on Exercise (ACE). (2022). "The Benefits of Professional Fitness Guidance."





DIVERSITY MATTERS

EQUITY MATTERS

INCLUSION MATTERS

DIVERSITY MATTERS

When after the Supreme Court overturned Affirmative Action in universities, more than 3/4 of organizations with DEI Programs increased their investments in 2023 and expect enhanced investment in 2024.

Although the SCOTUS decision impacted many organizations, it put a spotlight on DEI and studies show that those with strong and embedded programs increased their investments.

Source: HR Executive
Inclusion Allies Coalition

<https://bit.ly/DEISupport>

Women benefit from Diversity, Equity, and Inclusion initiatives that promote equality, reduce gender biases, and create an inclusive environment. These efforts recognize women's contributions, increasing their leadership and decision-making power. DEI promotes fair treatment and inclusive policies that allow women to feel respected, heard, and empowered to reach their full potential. This not only enhances organizational success but also drives social progress.



EQUITY MATTERS

when first deaf lawyer in New Delhi argues Supreme Court case.

Sarah Sunny became India's first deaf lawyer to argue in the Supreme Court after the court allowed a sign language interpreter to assist her.

Source: BBC

<https://bit.ly/IndiaLawyer>



INCCLUSION MATTERS

when an organization reaches out to the 87% of Americans from all walks of life who see a world beyond "us vs. them" and are tired of polarizing politics and culture wars.

Starts With Us believes that we have the power to reclaim our culture and operates on three principles: Curosity, Compassion and Courage. It is founded on the belief that diversity of thought and cooperating across our differences can solve the most pressing societal challenges of our time.

Source: Starts With Us

<https://bit.ly/StartsWUs>



Anti-DEI attacks have increased in recent years due to well-funded and resourced groups. IAC (Inclusion Allies Coalition) created these social media cards to represent DEI professionals and members who believe Diversity, Equity, and Inclusion Matters. Please visit the IAC website and share or repost them from their IAC LinkedIn, Facebook, and X posts.





The 1619 Project Social Justice Book Club Invitation

Created and designed by Ph.D. Student, [Malynda Rascoe](#), this online seminary style book club is open to EVERYONE who is interested in the following **LEARNING OUTCOMES:**

- Unpacking the juxtaposition and evolution of "Caste" vs. "Race"
- Having honest conversations about the impacts of privilege and "isms"
- Dissecting the true history of the United States and global nations through the lens of Settler Colonialism, Dispossession, Ethnic Cleansing, and Militarization using a human rights framework
- Reflecting on our innate conscious and unconscious biases, while developing meaningful ways to confront and address them without the fear of ostracization, ridicule, or judgement
- Exploring race and gender as social constructs, as well as their impact on public policy and mobility
- Doing the WORK of introspection and transformation as it relates to anti-"ism" and equitable justice

OVERVIEW: In July, we are read "Parable of the Sower" by Octavia E. Butler. Over the course of several weeks, we dissected and discuss set chapters of the book as a collective; while following a syllabus to offer guidance and structure. We convened bi-weekly via Zoom and GroupMe; an up-to-the-minute instant messaging platform. All you will need is the book, an active email account, and reliable internet access.

AUGUST & SEPTEMBER TENTATIVE SCHEDULE:

Sun., 8/18: "Let Us Descend" by Jasmyn Ward

Sun., 9/8: "Invisible Son" by Kim Johnson

(All meetings are from 7-9pm EST via Zoom)

PAST BOOKS: <https://tinyurl.com/1619BookList>

NEURODIVERGENT FRIENDLY: We believe that reading and learning should be accessible to everyone; regardless of their educational background or ability. Here, we make a conscious effort to embrace and engage those who are living with Dyslexia, ADHD, Autism, and a variety of other Intellectual Disabilities.

JOIN NOW



Our next Invaluable Me! Sister Circle is planned!



JOIN US FOR THIS 6-WEEK BIBLE STUDY BY SARAH JAKES ROBERTS

Sarah Jakes Roberts takes us on a journey of breaking up with our fears and revolutionizing our identity. In this video Bible study we will create an environment for our soul to be transformed in an atmosphere of sisterhood.

Session Schedule

Session 1 - Friday, August 23, 7:30-9:30 pm, EDT

DROP THE FIG LEAVES... What would happen if you were willing to stand naked and unashamed before God? God doesn't take a temporary moment and put it into your permanent record. Too often we rehearse failure when we should claim restoration.

Session 2 - Sunday, September 1, 2 to 4 pm, EDT

DAMAGE CONTROL... What if God has a plan to heal your deepest pain? When we open our hearts for damage control, we start to face the pain and find a deep conditioning that comes from relationship with God.

Session 3 - Friday, September 6, 7:30-9:30 m, EDT

WHAT ARE WE DOING TODAY... What if the setbacks, the disappointments, and the discouragements of life are the devil hiding in plain sight? Just as the hairdresser asks, What are we doing today? We face similar questions in the in-between stage of disconnecting from our past and showing up fully in our present.

Session 4 - Sunday, September 15, 2 to 4 pm, EDT

YOU NEED A TRIM... What if boundaries are the missing ingredient for your breakthrough? Boundaries protect the work God is doing in your life. Don't let your faith be diluted by someone else's disbelief.

Session 5 - Friday, September 20, 7:30-9:30 m, EDT

NO TURNING BACK... What if God's desire isn't that you do everything perfectly, but that you never stop reaching for him? There are moments where we are afraid to establish ourselves in our new truth, our new way of being, because we are afraid of reverting to those same actions and behaviors that landed us here in the first place.

Session 6 - Sunday, September 29, 2 to 4 pm, EDT

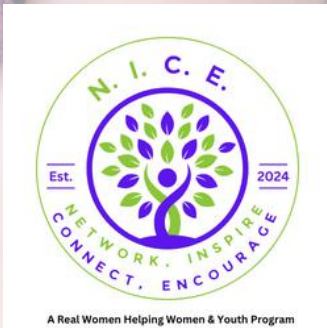
DON'T DO IT ALONE... What if you lived vulnerably and authentically as part of a sisterhood of believers?

Session Information

- This event is **FREE** for women, you must **RSVP**
- You will receive an invitation via email with the Zoom link
- Contact realwomenhelpingwomen@gmail.com



N.I.C.E.
(Network, Inspire, Connect, Encourage)
is inviting girls between the ages
of 9 to 13 to a discussion about
“Bullying” on Saturday, August 10
from 11-12:30 EDT.



Stay hydrated!



Women are invited to join our Slack Community

Real Women Helping Women & Youth has launched 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 by clicking the link below to email realwomenhelpingwomen@gmail.com.

 [request to join Slack](mailto:realwomenhelpingwomen@gmail.com)

Get Involved!

We are seeking volunteers for the following roles:

1. **FUN**draisers: Join our fundraising team and help us achieve our ambitious goals.
2. **Social Media** Specialist: Join our social media team and assist us in expanding our reach and achieving our membership targets.

Proofreader: Help us ensure that our written materials are polished and error-free by proofreading documents, website content, and promotional materials



Visit Our YouTube Channel!



[View our workout playlist on our YouTube Channel!](#)

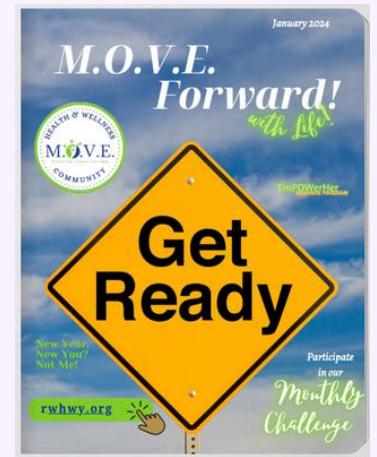
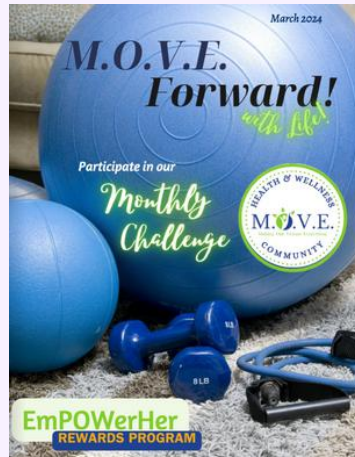
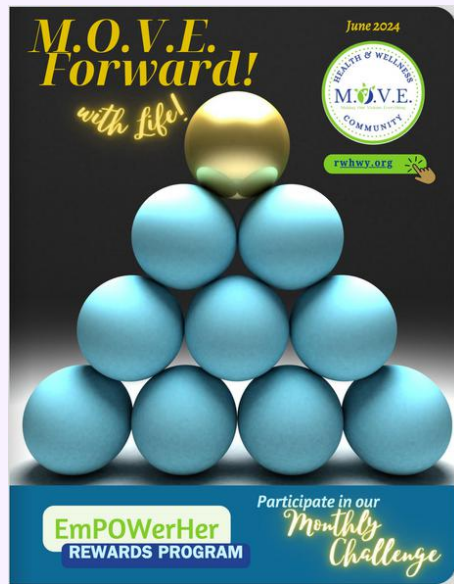




**REAL
WOMEN
HELPING
WOMEN
& YOUTH**

M.O.V.E. Forward! Magazine

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 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.



M.O.V.E. Forward! Magazine



Do not miss issues. Email realwomenhelpingwomen@gmail.com to join our magazine distribution list.

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



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

N.I.C.E. (Network, Inspire, Connect, Encourage) youth program activities are scheduled throughout the year. Visit our website or reach out to LaKeissa Armour at Armour@rwhwy.net for additional information.



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



O.W.L.s are reading *Prized (Birthmarked)* by Caragh M. O'Brien. "Striking out into the wasteland with nothing but her baby sister, a handful of supplies, and a rumor to guide her, sixteen-year-old midwife Gaia Stone survives only to be captured by the people of Sylum, a dystopian society where women rule the men who drastically outnumber them, and a kiss is a crime. In order to see her sister again, Gaia must submit to their strict social code, but how can she deny her sense of justice, her curiosity, and everything in her heart that makes her whole?"

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

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

M.O.V.E. promotes healthy habits for women. Daily challenges and women's health information are available to members. However, all content is member-generated, and you should consult your doctor before making any healthcare changes. Please verify this group's information with your doctor.



Our Invaluable Me! Sister Circle had fun exploring music in June and plans are being made to offer *Women Evolve* by Sarah Jakes Roberts beginning in August. Women can follow our activities on Facebook or join our Slack community to participate in free events and activities.

Contributors

Thank you

- *Charisse, Recipe*
- *Dr. Anita, TAPN2U*
- *Dr. Latanya, Heart & Soul Wellness Solutions*
- *Inclusion Allies Coalition (IAC), DEI*
- *Malynda, 1619 Project Social Justice Book Club & Black Women Read Political Book Club*
- *Marquet, Wellness and Group Travel Specialist*

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

Real Women Helping Women & Youth (RWHWY) 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.





M.O.V.E. FORWARD!

A Real Women Helping Women & Youth Program

realwomenhelpingwomen@gmail.com

rwhwy.org

