



# August Newsletter

Changing Lives, One Day, One Goal,  
One Person at a Time

August  
NATIONAL

## WELLNESS



MONTH

## Let's Talk Prevention + Wellness

### What is Prevention Plus Wellness?

Prevention Plus Wellness (PPW), LLC, headquartered in St. Augustine, Florida, is a family-run nation-wide education business providing brief evidence-based multi-health behavior youth, young adult and adult programs, parent programs and multi-media campaigns for improving the mental and physical wellness of individuals and communities.

PPW's "whole-health" programs address multiple co-occurring health risks in single interventions addressing alcohol, marijuana, e-cigarette, or opioid and fentanyl use, as well as physical inactivity, poor nutrition, lack of sleep and daily stress.

### Wellness-Based Prevention and Intervention

- Multi-health behavior screening & brief interventions, SBIRT, parent training & media campaigns
- Choose from alcohol, marijuana, opioid, e-cigarette use prevention & more
  - Targets co-occurring health risks of physical inactivity, poor nutrition, lack of sleep & stress to promote mental health, school & sports success & happiness
- Program manuals include easy-to-follow scripts allowing implementation to youth & adults individually, in groups & virtually
- Improves self-regulation skills, self-efficacy & positive identity formation through goal setting
  - Choose either printed program manuals or unlimited access to digital manuals with our Unlimited Program & Training License
- For children, adolescents, young adults, adults & parents
- Includes pretest & posttest evaluation surveys
  - Used in all 50 US states at schools, sports, camps, YMCAs, juvenile justice, colleges, military & more

For more information on PPW, visit their webpage at [www.PreventionPlusWellness.com](http://www.PreventionPlusWellness.com)



**LULA WOODARD**  
Host  
Educator and Prevention  
Specialist

# HOW I OVERCAME

## OUR PANELISTS



**TAKILA BAKER**  
Recovery Coach



**BARBARA  
GARCIA-PAYNE**  
Recovery Advocate



**KIMBERLY MOORE**  
Wellness & Recovery Advocate

**LIVESTREAM VIA [WWW.FACEBOOK.COM/WOMENOFCOLORS](https://www.facebook.com/womenofcolors), WTLZ  
KISS 107.1 FM, WSGW 790 & 105 FM, THE MOOSE 94.5, & WGER 106.3 FM**



**AUG 30, 2024 @ 7:00 PM**

**LIVE**

# In Case You Missed It!

**WOMEN OF COLORS  
HAS A NEW  
HOME!**



WOMEN OF COLORS

[WWW.WOMENOFCOLORS.ORG](http://WWW.WOMENOFCOLORS.ORG)

3057 DAVENPORT AVE, SAGINAW, MI 48602





# Member Spotlight

August is National Wellness Month, and we're excited to spotlight the nationwide, evidence-based Prevention Plus Wellness Program. This initiative is designed to empower young people with the tools and knowledge they need to make healthy, informed choices. Join us in supporting our youth, and be on the lookout for our monthlong Wellness Challenge. Visit [Facebook.com/WomenofColors](https://Facebook.com/WomenofColors) to participate!



**Evelyn McGovern**  
**Cofounder/President**



Is your loved one leading a destructive life?  
That doesn't mean your life has to be  
destroyed as well.

Stronger Together is here to help you cope.  
Join us at WOC for an addiction support group  
for family and friends of people struggling with  
addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM  
3057 Davenport, Saginaw, MI 48602

## President's Corner

August is recognized as National Wellness Month, a time to focus on self-care, stress management, and promoting healthy routines. Wellness isn't just about physical health—it's about nurturing our mental, emotional, and spiritual well-being too. As a community, we are committed to supporting one another on this journey, encouraging each other to take small but meaningful steps towards a balanced and fulfilling life.

This month, we encourage you to reflect on your own wellness practices. Whether it's setting aside time to recharge, adopting a new habit that promotes your well-being, or simply reaching out to someone you care about, every effort counts. Wellness is a journey, and we're all on it together. Thank you for being part of our community, and let's continue to inspire each other to prioritize our health and wellness not just this month, but every day of the year.

