



AUGUST NEWSLETTER

A Walk Around the Block with Ms. Liv Well

One warm August afternoon, Ms. Liv laced up her sneakers to head outside. "Come on," she smiled. *"Let's see what we can discover today."*

Although it was almost lunchtime, the first house she passed smelled like breakfast. A father and his daughter were laughing as they flipped pancakes together. *"A good meal gives our bodies energy,"* Ms. Liv thought. *"Taking care of our bodies is one way we practice wellness."*

Further down the street, two teenagers sat on a porch sharing earbuds and laughing so hard they could barely breathe. Across the sidewalk, an older neighbor waved from her garden, and they waved right back. *"Having people who make us feel seen and connected helps us grow, too,"* Ms. Liv smiled.

Just around the corner, a young boy sat under a tree with a library book spread across his lap. Every few minutes he'd stop reading to look up at the birds before turning another page. *"Learning doesn't only happen in school,"* Ms. Liv whispered. *"Curiosity is part of wellness."*

Near the community center, a woman unlocked the doors for another day of work. She straightened the welcome sign before greeting the first family with a smile. Ms. Liv thought about how purpose can be just as important as a paycheck.

As she continued walking, she noticed a family picking up litter along the sidewalk before heading home. Their youngest proudly carried a tiny grocery bag filled with wrappers. *"When we care for the places we share,"* Ms. Liv said, *"we're taking care of each other, too."*

A little farther down the block, someone sat quietly on a front porch with their eyes closed for just a moment before the busy afternoon began. Whether they were



praying, reflecting, or simply enjoying the peace, Ms. Liv knew that taking time to care for our inner selves matters.

Before heading home, she watched a mother place a few dollars into a jar labeled Family Fun. It wasn't much, but she smiled anyway. Every small step toward a goal counts.

As the sun began to set, Ms. Liv looked back down the street.
Every house had looked different.
Every family had looked different.
Every person had practiced wellness differently.

She smiled, and thought, *"Wellness isn't about doing everything perfectly. It's about finding small ways to care for your body, your mind, your relationships, your home, your future, and your community; one step at a time."*

Did you spot all 8 pillars of wellness?

- ✓ physical
- ✓ social
- ✓ occupational
- ✓ spiritual
- ✓ emotional
- ✓ environmental
- ✓ financial
- ✓ intellectual

Meet Ms. Olivia "Liv" Well

WOC's Newest Guide to Wellness

Ms. Liv Well is passionate about helping people live well in body, mind and spirit. She believes wellness doesn't have to be perfect or expensive, it just needs to be healthy, sustainable, and yours.

Her mission is simple:

Live Well. Lift Others. ♡

"Wellness isn't one size fits all. It's about small steps, real life and showing up for yourself and your community."



Celebrating National Wellness Month In August



Which area of wellness feels strongest in your life right now?

Which area could use a little extra care this month?

WOC Spotlight

The Team



Congratulations to Evelyn McGovern, Certified L.I.F.E. Coach™

Women of Colors is proud to celebrate President and Co-Founder Evelyn McGovern on earning her Certified L.I.F.E. Coach™ credential through the SAL Institute, a division of Shaping Solutions LLC.

Over the course of a rigorous 20-week certification program, Evelyn completed 94 instructional modules, facilitation practice hours, case studies, coaching demonstrations, and comprehensive assessments focused on prevention, ethical coaching, and personal transformation. She also completed the STOP IT NOW!® Prevention Facilitator Training, further expanding her ability to provide prevention-focused education and support to individuals and families.

This achievement reflects Evelyn's continued commitment to learning, leadership, and serving the community with excellence. As a Certified L.I.F.E. Coach™, she is equipped with new tools to help individuals identify their strengths, overcome challenges, and create meaningful, lasting change. Women of Colors is excited to integrate these coaching principles into its programs as we continue empowering individuals and families throughout our community.

Congratulations, Evelyn, on this incredible accomplishment and your undeniable dedication to helping others thrive!



President's Corner

National Wellness Month reminds us that wellness is not a destination. It's a lifelong journey of learning, growing, and caring for ourselves and those around us.

This month holds special meaning for me as I celebrate earning my L.I.F.E. Coach Certification, a milestone that has strengthened both my personal and professional commitment to serving our community. I look forward to bringing these new skills into the work we do every day at Women of Colors and continuing to walk alongside individuals and families as they discover their strengths and pursue healthier, more fulfilling lives.

Thank you for being part of our WOC family. I hope this month's newsletter inspires you to take one small step toward your own wellness journey.



Evelyn McGovern
President/Co-founder

Did you know?

Research shows that even 10 minutes of movement, fresh air, or meaningful conversation can improve your mood and reduce stress. Wellness doesn't have to happen all at once. Small, consistent choices can make a big difference over time.



Women of Colors is grateful for the continued support of our partners, community members, and friends who make our mission possible. Your encouragement helps us create meaningful programs that strengthen families and uplift youth across our community. This month, we'd like to give special recognition to Midstate Health Network for their partnership in helping us share prevention resources and awareness through this newsletter. Together, we are building a healthier, stronger future.

MSHN
Mid-State Health Network

Get In Touch

Have questions or donations?
Want to get involved?
We'd love to hear from you!



womenofcolors.org



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**Let's Make A Difference
Together!**



EVELYN MCGOVERN