



December Newsletter

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



The Gift of Wellness: 12 Tips for a Joyful Holiday Season

Take a Pause: Give yourself permission to slow down. A quick 5-minute mindfulness break can work wonders!

Set Healthy Boundaries: Don't feel pressured to say yes to every holiday invitation. Protect your time and energy.

Embrace Gratitude: Write down three things you're grateful for each day to keep your spirits bright.

Move with Joy: Take a winter walk, dance to holiday music, or try yoga by the tree lights!

Stay Budget-Savvy: Create thoughtful, homemade gifts or set spending limits to ease financial stress.

Connect with Loved Ones: Make time for meaningful conversations, whether in person or virtually.

Celebrate Diversity: Explore and appreciate holiday traditions from other cultures to enrich your season.

Hydrate, Even with Hot Cocoa: Stay hydrated to keep your body and mind in balance, even as you enjoy seasonal treats.

Reflect and Reset: Spend time thinking about your personal growth this year and set intentions for the next.

Get Creative: Express yourself with holiday crafts, journaling, or even baking!

Fuel Your Body: Balance indulgent treats with nourishing meals to keep your energy levels steady.

Ask for Help: If the season feels overwhelming, lean on trusted friends, family, or professional support.





Guess Who

Can you match the holiday facts to the correct staff member? Take a guess and test your festive instincts! Answers are listed below for you to check your picks. Happy guessing!

My favorite Christmas dish is Ambrosia Fruit Salad.

"Winter Wonderland" is my favorite holiday song.

1.

 Evelyn	 Lula
 Kimberly	 Caeley

2.

 Kimberly	 Caeley
 Vicki	 Kendall

My first dog 'Spot' loved to play in the Christmas tree tinsel.

I actually really enjoy shoveling the snow.

3.

 Caeley	 Vicki
 Lula	 Evelyn

4.

 Lula	 Evelyn
 Kendall	 Kimberly

Answers: 1. Caeley 2. Kimberly 3. Lula 4. Evelyn

A Look Back at 2024



Member Spotlight: Kimberly Moore and Project ASSERT

This month, we're excited to highlight Kimberly Moore, one of our dedicated staff members, for her work with Project ASSERT. This initiative places Wellness Advocates in MyMichigan hospital to assist patients struggling with substance use issues. These advocates, who are on their own recovery journeys, provide personal, compassionate support while working alongside the Emergency Room medical staff to guide patients toward rehabilitation services. Kimberly shared her thoughts on this impactful work:

"We started working at the hospital finally for the first day on the 20th of November, and what I can say about it is I'm super, super excited. We're starting to build rapport in the ED with the staff—it's a really good feeling, and it feels like that's where I'm supposed to be. Out of four patients that we've already seen, two have gone to rehab. That's 50/50, but to me, that's a hundred. The staff is very happy to have us there because we take a lot off their plate. There's an adrenaline rush knowing you're taking someone to the next level for help—it's such a blessing. I can't wait to see what the future brings and to share more updates as this program grows."

We're proud of Kimberly and all the Wellness Advocates for the life-changing work they're doing through Project ASSERT. Stay tuned for more updates as this program continues to make a difference in our community!



Kimberly Moore
Project Assert,
Wellness-Advocate

Your Support Can Make All the Difference

This year, we've made significant progress in coming together to continue providing steady education and resources to those we serve. From continuing our youth LifeSkills programs to securing an office to expand the work that we do, your belief in our mission has been the driving force behind it all. As the year draws to a close, we invite you to join us in creating even greater possibilities for the future. By making a tax-deductible donation today, you can help us empower more lives in the year to come.

Here's How You Can Help:

Donate online at: WomenofColors.org

Mail your gift to: 3057 Davenport Ave, Saginaw, MI 48602

Every gift, no matter the size, brings us closer to a stronger and more unified community. Thank you for your continued support— together, we're building a brighter tomorrow!



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

As we reflect on this pivotal year, we are filled with gratitude and pride for the incredible milestones Women of Colors has achieved. From hosting our first-ever Women's Wellness Expo, which brought together so many inspiring women in our community, to purchasing our new office building—a true home for WOC's mission and growth—this year has been nothing short of transformative. None of this would have been possible without the unwavering support of our members, volunteers, and community partners. Thank you for standing with us every step of the way. We wish you a safe, happy holiday season filled with joy, love, and connection. Here's to continuing our journey together in the new year!

