

## ALL THINGS SIP

### HOW WE SHOWED UP!

- ✓ Purchased one (1) new uniform | Emery Divas Cheer Squad member
- ✓ Volunteered hours at Capital Area Food Bank of DC packaging COVID relief boxes
- ✓ Donated feminine products to women experiencing homelessness | Thrive DC
- ✓ Heart Health through Pilates for Jack & Jill’s virtual event
- ✓ Donated 40-Easter baskets to the children at My Sisters Place
- ✓ “Run the Diner” served people in the community alongside Cake Pop Cares at the Silver Diner in Greenbelt Maryland
- ✓ SIP Scholars scholarship program awarded a high school graduate with a \$500.00 towards her studies at an HBCU
- ✓ Donated tablets to My Sisters Place for their back-to-school drive
- ✓ Donated 24-backpacks for Kindergarten – 2<sup>nd</sup> Graders | Central Union Mission
- ✓ Launched our SIP Oasis program at My Sisters Place
- ✓ From our work with MSP, our program Lifestyle Gems gained its first “Gem” as one of the young ladies transitioned from MSP to her own apartment. Suppling her with essentials and being a second resource to MSP while she embarks on her new journey
- ✓ Provided two families with Giant grocery store gift cards housed with Hope and a Home

### Who We Are...

*Sisters In Pilates, Inc is a social club by women of color for women of color.*



*SIPsters are intentionally committed to healthy positive identity development. Sharing experiences in health and wellness, social events and educational activities promoting confidence in ones’ self-worth. SIP is one size fits all. We are changing the narratives by eliminating those boxes society tries to confine us to. Our atmosphere will inspire women to become the best version of themselves while stepping into the lifestyle that suits them with abundance of heathier relationships, freedom, and purpose.*

*This Club is heavy on paying it forward, each one teaches one (or two...)*



*Empowering the voices of the silenced girls and women of color in the world; serving as a perpetual light as we advocate for their wellness.*

*SIPCares*

**Thank you for your support and contributions to our organizations! Our accomplishments this year are a blessing for Us and those we’re advocating for. To subscribe to SIP Scoop, visit [www.sistersinpilates.com](http://www.sistersinpilates.com) click “CONNECT” or [www.sipcares.org](http://www.sipcares.org) at the bottom of home screen “IN THE KNOW” sign up!**

**To Donate: go to [www.sipcares.org](http://www.sipcares.org) from the “WHAT WE DO -or- CONNECT” pages and click the donate button.**

### WHAT’S NEXT 2023?

#### SIP + (Plus)

Opening Reformer Pilates studio in the DMV area

#### Sisters In Pilates, Inc

Want to become a SIPster?? Get the details on how to become a member of Sisters In Pilates, Inc and what that entails by connecting with us on [www.sistersinpilates.com](http://www.sistersinpilates.com)

#### SIPCares, Inc

- Enhancing our partnership with My Sisters Place
- Launching our Shimmer Shine Sparkle program into DC public schools
- SIP Scholars scholarship application will be available January 31<sup>st</sup> at 11:59pm est (go to [www.sipcares.org](http://www.sipcares.org) for details)