



# MONTHLY NEWSLETTER

JANUARY 2025

Just a couple doors  
down...

MUGS  
COFFEE HOUSE

The final details were sorted!

## **Mugs Coffee House**

is officially open under new  
ownership and management~  
Jean-Luc and Elati Bourgeois!

Congrats to the new owners! We  
are excited to utilize this space  
for new opportunities to expand  
community together.

## Upcoming Events



RELAUNCH OF OUR  
LEVEL UP PROGRAMS



HONORING BLACK  
HISTORY MONTH  
FEB. 12, 2025



CULTURE DAY  
MARCH 1ST



# Stay well through the final Weeks of Winter

## KEEP IMMUNE SYSTEM BOOSTED

The cold weather can make it hard to stay healthy. It feels inevitable to get some type of bug- but here are some tips and everyday practices that can help you minimize your chances of getting sick.

### Drink water

You should drink at least half your body weight in ounces a day to be well hydrated.

### Get plenty of sleep

The optimal amount of sleep and water differs from person to person with 6-10 hours a night being the typical range. Listen to your body and make sure you are well rested.

### Nutrients and Minerals

Your body needs the proper nutrients and minerals in order to function properly. Eat a variety of fruits, vegetables, nuts and proteins to get the things your body needs.

You must make sure your cup is full before you can pour into others. This is your reminder to take some extra care of yourself. You deserve it and your body will thank you!

## CULTURAL CENTER

### Sharing Display Window

With the purchase of Mugs, Weaving Fala has received free reigns to the parallel display windows of the old JC Pennys building. There will a window to give people a stage to share what is meaningful to them.

### CULTURE DAY

Weaving Fala is having our first Culture Day on March 1st, 2025. We will be teaching about Polynesian, Micronesian, Melanesian, and Macaronesian islands and cultures.