

this
week

WEST MICHIGAN
w/ WOMAN

REAL-LIFE TOPICS
THAT MATTER MOST TO
YOU, THE WOMEN IN
OUR COMMUNITY.

April 18, 2024

Nonstop Peace of Mind to Austin.



GERALD R.
FORD International
Airport

Book Now



Look to Achieve Financial Wellness

When we think about mental and physical wellness, we may consider the obvious: nutrition, exercise and stress management. But the health of our finances can play a surprisingly large role in our overall wellness. Given that knowledge, Cat McMacken, Choice Map Product Manager at Community Choice Credit Union, offers some tips.

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WALKING TOURS
May 4-12



Expertise.
When it matters.

**PINE
REST**

Christian
Mental Health
Services





Managing Social Anxiety When You Have to be Social

We're all faced with responsibilities that require us to be social, whether it's at work, with friends and family, or in activities that put us out in the world, like travel, errands, school and appointments. For some of us, these are just part of daily life; for others, even the idea of them brings on deep distress. In turn, that fear can impede our ability to function. Because social anxiety disorder is a legitimate mental health condition that deserves attention—as well as understanding and compassion—we turned to the experts for advice.

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HOLLAND FARMERS MARKET

INDOOR MARKET
150 WEST 8TH ST.

1ST & 3RD SAT.
9AM - 1PM

This apartment or home would be perfect for you...

If only you went on a date with me...

If only you didn't have a boyfriend...

If only you do something for me first...

This is housing discrimination. Fair Housing is your right. It's the Law.

If you or someone you know has experienced housing discrimination, please contact the **Fair Housing Center of West Michigan** at (616) 451-2980.



Secure Your Seat to An Evening of Brilliance!

Have you secured your tickets yet to the most exciting evening of the year? We're talking about the 2024 annual Brilliance Awards, of course! An event that honors the incredible successes and inspiring stories of the women and men in our community, the Brilliance Awards are not to be missed. Get your tickets today and join us for the in-person event on May 9!

PURCHASE YOUR TICKETS





5 Steps to Nailing Post-Interview Communication

Congrats! You've just completed a highly anticipated interview for your dream job. You prepared, gave it your best shot, and feel confident about the opportunity. Now what? To help keep your name at the top of the list (and the hiring manager's mind), consider these five steps for nailing post-interview communication.

[READ MORE](#)

A red banner for Revue magazine. On the left, there is a location pin icon, a black t-shirt with 'Revue' written on it, and a magazine cover with the title 'Revue' and 'JOINING DRINKING'. To the right of these items, the text reads 'THE BEST OF REVUE NOW AT YOUR' in white, followed by 'DOORSTEP' in large, bold, black letters.

Check out more at www.westmichiganwoman.com