

Thank you for
Subscribing to this
Community of Latinas y
Amig@s. Please share
with Others.



INSIDE THIS ISSUE

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- Hosting a party? We got you.
- We want to hear from you. Email us at Info@Latinas365.com with topics of interest & to schedule a free 30-minute appointment to discuss your goals/desired outcomes for 2022

You are uniquely you. You're an amazing person. this is your life; live it to the fullest!

~Latinas365



BECOMING MORE ORGANIZED

“The success of every woman should be the inspiration to another. We should raise each other up. Make sure you’re very courageous: be strong, be extremely kind, and above all be humble.”

~Serena Williams

Do you ever feel rushed? Do appointments sometimes slip, leaving you stressed? Here are some tips and tricks that have helped me over the years to stay organized, whether it’s with work, school, or just in my normal daily life. I hope you find this blog helpful and find something that might help you! **Take a deep breath** - Let's go! [Full blog](#)

Simple self-care tips you can start today.

We believe in putting yourself first so you can feel good about the work you do every day.

Tips to stay healthy physically, mentally, and emotionally as you continue to *do yoouu-thing!*

1. **Stay Hydrated.**
2. **Breath.**
3. **Say kind words to yourself, Amiga.**
4. **More your body.**
5. **Laugh-** ask Alexa (or google 😊) funny jokes and share with your friends and family (spread joy)

[Full blog here.](#)

[Try this comforting and delicious soup and cuddle up to watch your favorite show/movie!](#)



THANK YOU FOR READING. WE’RE HERE TO SHARE, DISCOVER AND CONNECT TOGETHER. EMAIL: INFO@LATINAS365.COM WEBSITE: LATINAS365.COM – CALL @ 303-653-6007
