

MONTHLY REPORT

The latest news and updates from the F.U.T.U.R.E. family



IN THIS ISSUE

SELF CARE OF THE MONTH

TAKE A MENTAL HEALTH DAY! Take a day to just relax and do the things that bring you peace. Don't wait for a vacation or your body to shut down. Take charge of your mental health and take a day to reset and recharge.

SAVING TIP OF THE MONTH

Everyone wants money now but planning for the future is very important. Take some time this month to start looking into and researching retirement accounts, Roth IRA accounts, life insurance, investment accounts, and stocks. These types of accounts will help you secure your financial future.

KINDNESS ACTION OF THE MONTH

Pick up litter at a local park.

BOOK OF THE MONTH

The 5am Club by: Robin Sharma

GO GREEN AS WE CELEBRATE WORLD EARTH DAY!

Every year on April 22, there is an event called Earth Day to show support for environmental preservation. It was first celebrated on April 22, 1970, and now, 1 billion people in more than 193 nations participate in a variety of events that are coordinated globally by EARTHDAY.ORG.

April Events

April 11, 2023 - **PANTHER BIZ EXPO**
4-6pm - Clark Atlanta University - Harkness Quad

April 18, 2023 - **Branding & Networking Workshop**
5:30 - 6:30 pm - Clark Atlanta University - Kresge Hall

Get Involved:

- Walk/Bike ride to help reduce carbon emissions
- Plant a tree
- Save energy
- Pick up litter at a local park
- Visit a local farmer's market - EAT LOCAL
- Spread awareness
- Recycle
- Use Eco-friendly products
- Commit to one green act per day



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