

MONTHLY REPORT

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



IN THIS ISSUE

SELF CARE OF THE MONTH

Go enjoy some retail therapy by buying that one thing that you have been wanting. Don't forget, it doesn't have to be something super expensive or out of your budget but something to **TREAT YOURSELF!**

SAVING TIP OF THE MONTH

This one will be fun!! Create a financial freedom jar and put it in a visible place in your house. Every time you find money, say out loud and enthusiastically "I'm a money magnet" and put the money in the jar! Commit to putting money in the jar every day. It could be \$10, \$5, \$1, or even a penny.

KINDNESS ACTION OF THE MONTH

Donate diapers and wipes to a new mom.

BOOK OF THE MONTH

Finding Me by: Viola Davis



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info@future4change.org



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BUSINESS ON THE RISE

While we should make an effort to support small businesses on a daily basis, May is National Small Business Month! As the backbone of our country, small businesses provide opportunities for entrepreneurs and create jobs helping neighborhoods and communities.

Small Business Spotlight

1. **Actively Black** - Black owned premium athletic wear. Their goal is to invest back in the black communities and improve mental health and physical fitness.
2. **The Door** - (Past sponsor for F.U.T.U.R.E. Friends and Family Festival) Founded by Joan Lewis and Christopher Roberts, their mission is to, "To Serve Authentic Jamaican Cuisine Paired with Excellent Service."
3. **Eleniarguello TLC** - helping women, especially moms, get their confidence back and feel better than ever through weight loss and getting healthier.

