



January Newsletter

Changing Lives, One Day, One Goal,
One Person at a Time



9 Things to Keep In Mind If You're Participating in Dry January

1

Your mood and health will improve.

Your mood stabilizes, you have more energy, and your mindset is more optimistic. This can offer more clarity and motivation to work on any resolutions you may have.

2

Enlist a sober buddy.

Not only will you have somebody to plan sober activities with, but you can also rely on each other if you need to vent, and celebrate each other's wins.

3

Eliminate alcohol within your home

If you have alcohol in the house, you're more likely to "give up" Dry January than you are if you actually have to go out and procure it. Try eliminating the temptation.

4

Try mocktails to help quench thirst.

There are many non-alcoholic alternatives that can satisfy your thirst for a specific type of drink and dry January is the perfect time to explore.

5

Replace happy hour with an activity.

Perhaps it's a workout, a meditation or a new project. The best way to rid yourself of an unhealthy habit is to replace it with a potentially healthier one.

6

Journal your way through it.

Keep a journal on how you're feeling, what your skin looks like, how much money you've saved. It can be really motivating to see progress during the month.

7

Your don't have to be shut in.

You don't have to isolate yourself. Instead, try taking the reins on plans by suggesting a sober activity versus your usual drinks with friends.

8

Even if you slip up, don't give up.

If you fall off the wagon at some point, you can certainly just start over the next day and continue along your path. Don't let one drink deter you.

9

It is not a method of recovery.

'Dry January' is not a suggested method of recovery. If you are struggling with addiction, it is encouraged that you seek professional help.

JAN. 27TH
11AM-2PM

YOUR VOICE, YOUR CHOICE PRESENTS

**FREE EVENT
FOR AGES
12 & UP**

SOUNDS BY
DJ WOO BEATS

**GIVEAWAYS
& REFRESHMENTS**

YOUTH EXPLOSION

REAL LIFE SPEAKER

**DR. TRELL
"DONK" WEBB**

ACTOR & SINGER

ALGEE SMITH

HOST



HIGH SCHOOL
STUDENT
**CHRISTINA
YARN**

PARENT
WORKSHOP



YCRA MORTGAGE
LOAN ORIGINATOR
**PAMELIA
BRAZIL**



ARTIST/PRODUCER
HBK BOOM



BUSINESS OWNER
BROOK GRIFFIN

SUCCESS ACADEMY 1000 TUSCOLA ST. SAGINAW, MI 48607



Member Spotlight

Women of Colors is so excited to serve and connect with our community this year! We hope you had a beautiful holiday season and we are wishing you enough peace, love and happiness to carry through the entire year!!



WOMEN OF COLORS TV NETWORK

Do you have content for Amazon Prime TV, Apple TV, or Roku? WOC can spotlight your business, your book, your school, or your event!

Download Our Free App

1. Go to the App Store
2. Type "Women of Colors"
3. Download free and stream the WOC Network!



Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM
1000 Tuscola St Saginaw, MI 48607

President's Corner

On behalf of Women of Colors, Happy New Year! We eagerly anticipate what 2024 has in store for us. We are grateful and honored for the positive impact we've had on our community this past year and look forward to achieving more. Your support is crucial, as we strive to make a difference in the lives of children and families, working diligently to enhance the overall quality of life in our community is truly a blessing.



Evelyn McGovern
Cofounder/President