



# July Newsletter

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



## Maintaining Healthy Work-Life Balance During Summer Months

### 1. Set Clear Boundaries

Clearly define your work hours and stick to them. Avoid working late into the evening or on weekends unless absolutely necessary. If working from home, establish a dedicated workspace to separate your work environment from your personal space.

### 3. Take Regular Breaks

Take short breaks throughout the day to rest and recharge. A quick walk outside or a few minutes of stretching can improve productivity and reduce stress. Make sure to take a proper lunch break away from your desk.

### 5. Plan Your Time Off

Plan and schedule your vacations in advance. Taking time off to relax and recharge is essential for maintaining mental and emotional well-being. It can also be helpful having something to look forward to.

### 2. Prioritize Tasks

Create a daily to-do list and prioritize tasks based on their urgency and importance. This will help you stay focused and manage your time effectively. Don't hesitate to delegate tasks to colleagues or team members when you can. This reduces your workload and allows others to contribute.

### 4. Get Outside

Incorporate physical activities such as walking, biking, or swimming into your daily routine. These activities help reduce stress and improve overall health. Spending time in nature will rejuvenate your mind and body.

### 6. Set Realistic Expectations

Set realistic goals and expectations for yourself and communicate them clearly to your colleagues and clients. Be mindful of not overcommitting yourself. Learn to say no when necessary.

# In Case You Missed It!

**WOMEN OF COLORS  
HAS A NEW  
HOME!**



WOMEN OF COLORS

WWW.WOMENOFCOLORS.ORG

3057 DAVENPORT AVE, SAGINAW, MI 48602



# Congratulations Are in Order!

## Meet the Winners of our *The Mother You Know* Essay Contest



Pictured from right to left:  
Krista Young, The Foster Mother You Know  
Patricia Farris, The Mother You Know  
Terricina Jackson, The Community Mother You Know

# Member Spotlight

As we enjoy the summer season, it's important to prioritize our well-being. Remember to set clear work boundaries, take regular breaks, and stay hydrated. Incorporate outdoor activities and healthy eating into your routine for a balanced lifestyle. Most importantly, take time to relax and recharge. Enjoy the summer and make healthy choices!



**Evelyn McGovern**  
Cofounder/President



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  
3057 Davenport, Saginaw, MI 48602

## President's Corner

We are delighted to share that Women of Colors is now officially occupying our new office building! This milestone allows us to enhance our services and better support our community. We are grateful for your unwavering support and look forward to welcoming you to our new space. As we settle in, we wish everyone a happy, restful, and safe summer. Your continued commitment to our mission inspires us every day.

