



August Newsletter

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

August
NATIONAL

WELLNESS



MONTH

Let's Talk Prevention + Wellness

What is Prevention Plus Wellness?

Prevention Plus Wellness (PPW), LLC, headquartered in St. Augustine, Florida, is a family-run nation-wide education business providing brief evidence-based multi-health behavior youth, young adult and adult programs, parent programs and multi-media campaigns for improving the mental and physical wellness of individuals and communities.

PPW's "whole-health" programs address multiple co-occurring health risks in single interventions addressing alcohol, marijuana, e-cigarette, or opioid and fentanyl use, as well as physical inactivity, poor nutrition, lack of sleep and daily stress.

Wellness-Based Prevention and Intervention

- Multi-health behavior screening & brief interventions, SBIRT, parent training & media campaigns
- Choose from alcohol, marijuana, opioid, e-cigarette use prevention & more
 - Targets co-occurring health risks of physical inactivity, poor nutrition, lack of sleep & stress to promote mental health, school & sports success & happiness
- Program manuals include easy-to-follow scripts allowing implementation to youth & adults individually, in groups & virtually
- Improves self-regulation skills, self-efficacy & positive identity formation through goal setting
 - Choose either printed program manuals or unlimited access to digital manuals with our Unlimited Program & Training License
- For children, adolescents, young adults, adults & parents
- Includes pretest & posttest evaluation surveys
 - Used in all 50 US states at schools, sports, camps, YMCAs, juvenile justice, colleges, military & more

For more information on PPW, visit their webpage at www.PreventionPlusWellness.com



LULA WOODARD
Host
Educator and Prevention
Specialist

HOW I OVERCAME

OUR PANELISTS



TAKILA BAKER
Recovery Coach



**BARBARA
GARCIA-PAYNE**
Recovery Advocate



KIMBERLY MOORE
Wellness & Recovery Advocate

**LIVESTREAM VIA WWW.FACEBOOK.COM/WOMENOFCOLORS, WTLZ
KISS 107.1 FM, WSGW 790 & 105 FM, THE MOOSE 94.5, & WGER 106.3 FM**



AUG 30, 2024 @ 7:00 PM

LIVE

In Case You Missed It!

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



WOMEN OF COLORS

WWW.WOMENOFCOLORS.ORG

3057 DAVENPORT AVE, SAGINAW, MI 48602



Member Spotlight

August is National Wellness Month, and we're excited to spotlight the nationwide, evidence-based Prevention Plus Wellness Program. This initiative is designed to empower young people with the tools and knowledge they need to make healthy, informed choices. Join us in supporting our youth, and be on the lookout for our monthlong Wellness Challenge. Visit [Facebook.com/WomenofColors](https://www.facebook.com/WomenofColors) to participate!



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

August is recognized as National Wellness Month, a time to focus on self-care, stress management, and promoting healthy routines. Wellness isn't just about physical health—it's about nurturing our mental, emotional, and spiritual well-being too. As a community, we are committed to supporting one another on this journey, encouraging each other to take small but meaningful steps towards a balanced and fulfilling life.

This month, we encourage you to reflect on your own wellness practices. Whether it's setting aside time to recharge, adopting a new habit that promotes your well-being, or simply reaching out to someone you care about, every effort counts. Wellness is a journey, and we're all on it together. Thank you for being part of our community, and let's continue to inspire each other to prioritize our health and wellness not just this month, but every day of the year.

