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Women's Initiative Newsletter Vol. 3, No. 2 (February 2019)

Women's Initiative Staff

Women's Initiative

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Women's Initiative



WOMEN'S INITIATIVE

We Stand Strong;
Backs Together,
Facing Outward,
Leaning On,
Depending On
One Another.
Seeing all
Obstacles
before us.
WE CAN do
Anything,
Tap My Strengths
I'll Tap Yours



February 2019
Newsletter
Newsletter Date:
2/1/19-2/28/19

Schedule:
Mon-Fri
11:00am-4:30pm
Location:
304 Main Street
Waterville
207-692-0290

New Location

Welcome to Women's Initiative's new location. We are proud to announce our new location at 304 Main Street, Waterville, Maine. We share our space within Hospice Community Center.

Our new hours are 11:00 am to 4:30 pm.

Please come join us at our new location. Grab a friend, share our information, we would love to grow and thrive in our new location.

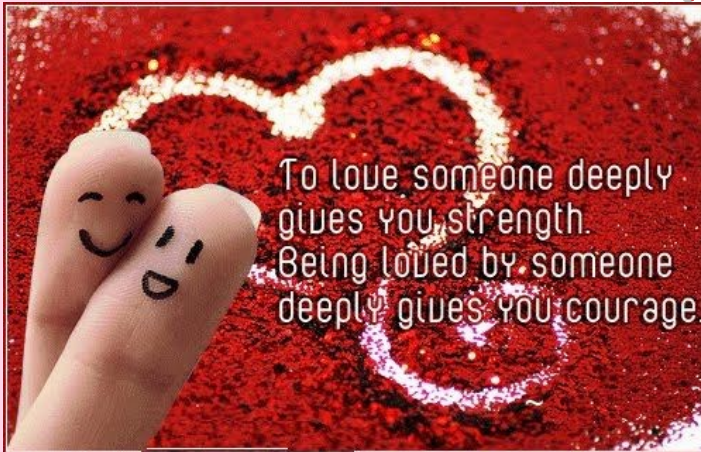
News and Information

Great Big Thank You to Melissa Caron for our Mindfulness Meditation on February 1st! What a wonderful experience! Hope you can join us next year!

Martha will be creating a flyer to announce our new location and to encourage more women to join this amazing group of women! Please help by grabbing a few flyers once made, to put up in community areas that you frequent.

Coming Soon will be our Busy Hands and Completed projects!

Thoughts:



More pics on www.imfunny.net

This month's "Health Talk" Monday, February 25th 1-2pm Dianne will be doing a talk on "Heart Health and Easing into exercise." If you have suggestions for an up and coming Wellness Talk., feel free to call, email, or what's best is a great visit with you here at Women's Initiative.

Up and coming!

Monday, February 11th Coloring Day From 1:00pm to 3:00pm. Bring a page you love or choose one from our amazing stock. Let your worries go and create an amazing work of art!

Friday February 15th Jewelry Making- From 1:00pm-3:00pm— You'll be able to take home something beautiful that you made and help out Women's Initiative at the same time.

Thursday February 21st—Upper body/ neck massage 12pm to 4pm. By appointment or walk-in. Donations go toward Women's Initiative funds.

Monday February 25th—directly after Health Discussion—will be Women's Initiative's Meeting. 2pm-3pm.

THE KINDNESS Rocks PROJECT



The time has come for our annual kindness project. Please bring in all your completed hats, scarves, mittens etc... as soon as you can. We will need all hands on deck to hang all our amazing products free to the community, on February 8th Noon at the Waterville Library. Rain Date Monday 11th.

February

Treat

Cottage Cakes

1 egg, 1/4cup Cottage Cheese, 1
Tablespoon flour

This is for one serving. Whisk egg and add cottage cheese and flour. Mix well. Grease fry pan. Use 1/4 cup measure to measure batter for each cottage cheese cake. Once one side is bubbly, flip over and cook other side til light brown.

Serve hot with margarine and syrup if desired.

Women's Initiative
304 Main Street
Waterville, Maine 04330

WOMEN'S INITIATIVE

Together We Are Women's Initiative

a REM
Project



**REM – Revitalizing
the Energy from ME**

PLEASE
PLACE
STAMP
HERE