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Women's Initiative Newsletter Vol. 3, No. 7 (July 2019)

Women's Initiative Staff

Women's Initiative

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Women's Initiative



NOTICE: Women's Initiative is **CLOSED** the first week in July. Closed July 1st—7th. Reopening Monday July 8th.

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



July 2019

Newsletter

Newsletter Date:
7/1/2019-7/31/2019
Volume 3, Issue 7

Schedule:

Mon-Fri

11:00am-4:30pm

Location:

304 Main Street

Waterville

207-692-0290

Thoughts:

"Practice kindness all day to everybody and you will realize you're already in heaven now."

JACK KEROUAC

This month's **"Wellness Talk"**

The Health Talk will be scheduled for **MONDAY July 29th 1-2pm**— Mindfulness and Wellbeing with guest speaker;

Sharon Brittingham

MONDAY, July 24th 2pm-3pm— Women's Initiative Business Meeting—Please come join us discussing the past, present, and future of Women's Initiative.

Up and coming!

MONDAY July 15th—Coloring Day 1-3pm—Bring a page you love or choose one from our amazing stock. Let your worries go and create an amazing work of art.

FRIDAY July 19th—POT LUCK LUNCH!

Bring in one of your favorite dishes or treats and join us for Lunch! Sign up sheet located by the frig in the conference room.

FRIDAY July 26th 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.

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Massages are on hold for the month of July due to Dianne having a rotor cuff injury. Scheduling Massages for August. Call a head for an appointment or arrive at Women's on Massage day. See our next newsletter for details.



Busy Hands Finished Crafts



Many busy hands at Women's Initiative, from knitting, crocheting, toothbrush rugs, latch hook, quilting, looms, rugs, sewing etc. Please come help create more amazing products for Women's Initiative!!!

July Treat

Marinated Peppers and Onions

(Finish off your hot dogs and hamburgers with this side.)

2 TBSP fresh lime juice
1 TBSP Olive Oil
1/2 TSP of Pure Honey
Kosher salt and Black pepper
1/2 Large Red Pepper—strips
1/4 Red Onion—thinly sliced
1/3 cup feta cheese-crumbled
2 TBSP Fresh basil—chopped

Whisk together lime juice, olive oil, honey, and salt and black pepper in a bowl. Add red bell pepper and red onion. Let stand at room temperature, tossing occasionally, 10 minutes.
Add feta and basil and toss to combine.

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 in ME**

PLEASE
PLACE
STAMP
HERE