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Women's Initiative Newsletter Vol. 3, No. 9 (September 2019)

Women's Initiative Staff

Women's Initiative

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Women's Initiative



CLOSED on
Monday Sept.
2nd for
LABOR DAY!

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



September 2019
Newsletter

Newsletter Date:
9/1/2019-9/30/2019
Volume 3, Issue 9

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

Thoughts:

How do I change?

If I feel depressed I will sing.

If I feel sad I will laugh.

If I feel ill I will double my labor.

If I feel fear I will plunge ahead.

If I feel inferior I will wear new garments.

If I feel uncertain I will raise my voice.

If I feel poverty I will think of wealth to come.

If I feel incompetent I will think of past success.

If I feel insignificant I will remember my goals.

Today I will be the master of my emotions.

- Og Mandino

Inspiringshortstories.org

MONDAY September 2nd—CLOSED

Women's Initiative will be closed to observe Labor day. We will return Tuesday September 3rd.

MONDAY September 9th—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.

THURSDAY September 19th —

MASSAGE DAY! Upper body/neck massage 12pm-4pm. By appointment or walk in. Donations go toward Women's Initiative's funds. **If you can't make it to massage day and would still like to receive a massage... call and schedule a massage on a day and time that works for you!**

FRIDAY September 27th 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.

This month's "Wellness Talk"

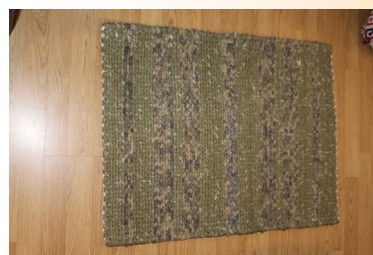
The Health Talk will be scheduled for **MONDAY September 30th 1-2pm— Mindfulness and Wellbeing** with guest speaker; **Sharon Brittingham**

MONDAY, September 30th Women's Initiative Business Meeting— 2pm-3pm—Please come join us discussing the past , present, and future of Women's Initiative.

We're in need of your opinions and ideas. Please join us for our health talk then following the health talk will be our Business Meeting. Lots to discuss. Please join us.



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!!!



The Blueberry Festival took place on August 10th. An AMAZING success!

Check our [Website](http://www.womensinitiative.org/) (<http://www.womensinitiative.org/>) for up coming events as they are posted.

Next Craft fair is scheduled in October 12th at New Beginnings Church. Any interest in helping out. Please talk to Martha.

WOMEN'S INITIATIVE

Together We Are
Women's Initiative

a REM
Project



**REM – Revitalizing
the Energy in ME**

PLEASE
PLACE
STAMP
HERE

Women's Initiative
304 Main Street
Waterville, Maine 04330