

August 2022 Newsletter



<u>National Black</u> **Business Month**

Find out why it's more important now than ever to support Black Businesses





<u>Back to School</u>

Are you and your family ready for back-to school?

<u>Reduce Stress</u> <u> Through Coloring</u>

What does this pastime do to our brains to bring about such pleasure and calm?



<u> Traveling This</u>



<u>Summer?</u>

Travel is generally enjoyable and sometimes life transforming, but it can be stressful.



<u>Performance Report</u>

Curious to see how we are doing this month?

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