



*Women of Worth Magazine
Celebrates...*



15 *Years of* **WOW**



The Recipient of Our
15 Year Anniversary
Fundraiser...



DID YOU KNOW?

Currently, more than 140 monthly donors contribute over \$89,000 to Gillian's Place every year, providing critical support to our most underfunded programs, including safe shelter.

This momentum has inspired us to raise \$100,000 through monthly giving, allowing us to move more women and children to safety this year.

JOIN OUR MONTHLY MOMENTUM
HELP US ANSWER THE CALL TODAY

Watch **YOUR** giving in action below.



gilliansplace.com/monthlyally

Well 2026 is here...

And many of us have had heartfelt expected and unexpected losses or hardships to overcome in the past 5 years. In hindsight we hope it has also given us the opportunity to learn, grow and most of all...

Truly **RESPECT** the **RIGHTS** of Others to be **EQUAL, WELL & FREE**

The sooner our balance can be restored, the sooner we start to feel joy and connectedness again. This celebration is an opportunity to Do It Together!



I have always felt that as humans we are here to experience life. Now, at the age of 73, I truly believe that it is not the amount or degree of traumas or dramas that determine our life's outcome...it is how we evolve with each experience, good or bad.

It is filled with Light, Laughter, Colour and Meaningful Connections to Our "Soul" Sisters. YOU honour US ALL just by being a part of Heartfelt Labour of Love Magazine.

I CELEBRATE ALL Past, Present & Future WOW Gals, WOW Gal Tribute and Pet Angel Tribute contributors in this Anniversary Magazine.

EVERY WOMAN has a WOW Gal Story. In fact we have many rebirths in one lifetime. Feel free to submit one. And as you will see as you review this in its entirety, we Also Welcome You to submit any WOW Gal Angel or Pet Tributes you wish to share our monthly readers.

Women of Worth Magazine Founder, Carolyn Shannon

THIS Month's
WOW Gal Story
RECEIVED
&
Coming Soon!



THIS Month's
WOW Gal Angel
Tribute
RECEIVED
&
Coming Soon!!!



Is THIS YOUR
WOW Pet Angel
Tribute Month?
BOOK YOUR
SPOT ASAP!!!



What's Inside...

WOW Fundraiser
2026 Recipient
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***Lest We Forget... When Women weren't allowed to vote,
use birth control, own property, have accounts of any kind
(Bank/Credit/Store Account) Card in their own name....***



The Right
to
be Equal
for ALL



Hello Me!

Hello Me!
 It's been a long time since we hung out
 And now I see
 You were never very far away.
 Yes, you were only hidden from view
 Because I was too distracted by life and living
 And my ego's perception of what
 Was important to me.

Hello Me!
 It's so good to share this time with you
 Yes, just to be
 A few minutes each and every day.
 To feel the joy being with you brings
 And the pure, truly unconditional love you beam
 Back into my heart is reflecting
 Off me creatively.

Times of great loss, and life changes
 Shaken security and fear of the unknown
 Have taken first place for far too long now
 Yet through it all I have actually grown
 Spiritually, Emotionally, Faithfully
 And now I'm ready
 To stop the distractions I've created
 To keep the painful feelings away
 And invite you back home.
 Instead of the expected discomfort
 I have found once more
 Joy and celebration in my heart
 And love like I've never known.

Hello Me!
 Please remind my heart if I ever
 Begin to be
 Withdrawn, or start slipping away from you
 Gently drag me back if you must.
 Don't let it be so long again before we visit
 And I will try to do my part
 To reconnect with thee.

Love, Carolyn Shannon, Feb. 10, 2004





*I truly Believed that
I could when told
over & over again
“You Can’t!”*

*So I Did... Believe
Anything is Possible.*

*The world adapted
to Me Being Me
Beautifully... In Time*

If your crown slips,
adjust it and carry on



OUR AMAZING WOW Gals 2011-21

2011 WOW Gals

January 2011

WOW Gal

[Lisa Ellis](#)



February 2011

WOW Gal

[Ellen Lambert](#)



March 2011

WOW Gal

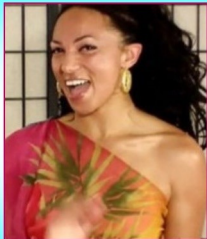
[Gloria Messenger](#)



April 2011

WOW Gal

[Victoria Vives](#)



May 2011

WOW Gal

[Jill Robinson](#)



June 2011

WOW Gal

[Deborah Powell](#)



July 2011

WOW Gal

[Karen Stocker](#)



August 2011

WOW Gal

[Sue London](#)



September
2011

WOW Gal

[Cathy Byrnes](#)



October 2011

WOW Gal

[Pat Hastings](#)



November 2011

WOW Gal

[Diane McLaren](#)



December 2011

WOW Gal

[Amy Whitney](#)



2012 WOW Gals

Still Alive...
Profile Removed
from this
Website
Upon Request



February 2012

WOW Gal

[Ginette Hunter](#)



March 2012

WOW Gal

[Candace Armenti](#)



2012 WOW Gals Continued

April 2012

WOW Gals

June & Laura

Sabo



May 2012

WOW Gals

Alison Heath



June 2012

WOW Gals

Cindy Hudson



July 2012

WOW Gal

Nellie Jacobs



August 2012

WOW Gal

Lindy Tefft



September 2012

WOW Gal

Carolyn

Nikkanen



October 2012

WOW Gal

Luisa Giaitzis



November
2012

WOW Gal

Kathy Russell



December 2012

WOW Gal

Sherry Lynn

Simoes



2013 WOW Gals

January 2013

WOW Gal

Suzanne

Letourneau



February 2013

WOW Gal

Rula Morcos



March 2013

WOW Gal

Elizabethe

Vick



April 2013

WOW Gal

Carolyn

Ioannoni



May 2013

WOW Gal

Dawn O'Dell



June 2013

WOW Gal

Abigail

Norman



2013 WOW Gals Continued

July 2013

WOW Gal

Amy Flynn



August 2013

WOW Gal

Pat
Hutchinson



September

2013

WOW Gal

Kathryn
Kimmins



October
2013

WOW Gal

Dawn
James



November
2013

WOW Gal

Mary
Shannon



December 2013

WOW Gal

Katherine
(Vanderzwet)
Rushton

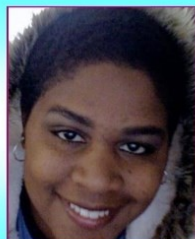


2014 WOW Gals

January 2014

WOW Gal

Jackie Turner



February 2014

WOW Gal

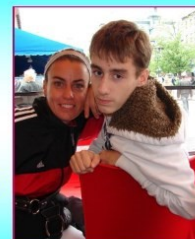
Debbie A Anderson



March 2014

WOW Gal

Michelle MacKinnon



April 2014

WOW Gal

Jean Hart



May 2014

WOW Gal

Karma Burris



June 2014

WOW Gal

Janet Oberholtzer



July 2014

WOW Gal

Rose Streete



August 2014

WOW Gal

Lee Royer (Lyla)



September 2014

WOW Gal

AnnaMarie
Warriner



2014 WOW Gals Continued

October 2014

WOW Gal

Tia Porter



November 2014

WOW Gal

Linda Deir



December 2014

WOW Gal

Nancy Broerse



2015 WOW Gals

January
2015

WOW Gal

Doreen Hillier



February 2015

WOW Gal

Sarah Granahan



March 2015

WOW Gal

Janice
Carter



April 2015

WOW Gal

Constance
Zacharias



May 2015

WOW Gal

Patty Kay



June 2015

WOW Gal

Evelyn Zaklan



July 2015

WOW Gal

Sheri Scott



August 2015

WOW Gal

Lisa deNikolits



September 2015

WOW Gal

Lou-Ann
Anderson



October 2015

WOW Gal

Gail Ingwall



November 2015

WOW Gal

Naomi Feil



December 2015

WOW Gal

Jenny Jardine



2016 WOW Gals

January 2016

WOW Gal

Moira Bush



February 2016

WOW Gal

Pushpa Bansal



March 2016

WOW Gal

Marybeth
Haines



April 2016

WOW Gal

Karen Curry



May 2016

WOW Gal

Marcelle
Billings



June 2016

WOW Gal

Monika
Sleszynska



July 2016

WOW Gal

Odette Laurie



August 2016

WOW Gal

Angelica Rose



September 2016

WOW Gal

Dr. Joanna
Perken



October 2016

WOW Gal

Shihan Roxsane
Rysdae



November 2016

WOW Gal

Jennifer
Neustaedter



December 2016

WOW Gal

Odetta Lorimer



2017 WOW Gals

January 2017

WOW Gal

Julie
Christensen



February 2017

WOW Gal

Daisy Duarte



March 2017

WOW Gal

Sandie Bellows



2017 WOW Gals Continued

April 2017

WOW Gal

Karen Schenk



May 2017

WOW Gal

Charlotte Canion



June 2017

WOW Gal

Una Wan



July 2017

WOW Gal

Mary Bosiu



August 2017

WOW Gal

Susan McKenzie



September 2017

WOW Gal

Suzanne Duncan



October 2017

WOW Gal

Cyndi Lauper



November 2017

WOW Gal

Theresa Barnabei



December 2017

WOW Gal

Caroline Holroyd



2018 WOW Gals

January 2018

WOW Gal

Elizabeth Rentz



February 2018

WOW Gal

Michelle
Obama



March 2018

WOW Gal

Dr. Aviva
Romm



April 2018

WOW Gal

Deborah
Richards



May 2018

WOW Gal

Tammy
Adams



June 2018

WOW Gal

Tilda
Shalof



2018 WOW Gals Continued

July 2018

WOW Gal

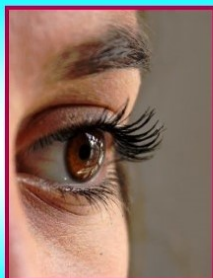
Lauren Alaina



August 2018

WOW Gal

Heather



September 2018

WOW Gal

Virginia Phillips



October 2018

WOW Gal

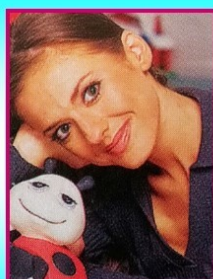
Nancy Rathlou



November 2018

WOW Gal

Linda Ripa



December 2018

WOW Gal

Beth Hill Poulin



2019 WOW Gals

January 2019

WOW Gal

Julie Boyse



February 2019

WOW Gal

Lacey Schwartz



March 2019

WOW Gal

Holly Ashford



April 2019

WOW Gal

Marissa Frizell



May 2019

WOW Gal

Kathy Bates



June 2019

WOW Gal

Ruby Kate
Chitsey



July 2019

WOW Gal

Anna Lysakowska
Karsten



August 2019

WOW Gal

Peggy Carter



September
2019

WOW Gal

Erin Ball



2019 WOW Gals Continued

October 2019

WOW Gal

Dodie Clark



November 2019

WOW Gal

Emilia Clarke



December 2019

WOW Gal

Sue Thomas



2020 WOW Gals

Janurary 2020

WOW Gal

Medea Kalantar



February 2020

WOW Gal

Ida Nambeya
Mukuka



March 2020

WOW Gal

Charmaine
Grace



April 2020

WOW Gal

Bobbie (Haines)
Johnston



May 2020

WOW Gal

Brenda Toth



June 2020

WOW Gal

Dr. Anne Innis
Dagg



July 2020

WOW Gal

Evette Michelle
Phillips



August 2020

WOW Gal

Destiny Blue



September 2020

WOW Gal

Jacqueline
Adan



October 2020

WOW Gal

Rabbi Lisa
Grushcow



November 2020

WOW Gal

Sharron Colter



December 2020

WOW Gal

Rosemary
Evangelista



2021 WOW Gals

January 2021
WOW Gal
Michelle Post



February 2021
WOW Gal
Louise Breton



March 2021
WOW Gal
Stacey Brisson



April 2021
WOW Gal
Melissa
Fung



May 2021
WOW Gal
Anita
Djurkovic



June 2021
WOW Gal
Joan Minnery



July 2021
WOW Gal
Mary Carson



August 2021
WOW Gal
Audrey
Winkelsas



September 2021
WOW Gal
Teresa Joubert



October 2021
WOW Gal
Valerie
Inksetter



November 2021
WOW Gal
Senator Sarah
McBride



December 2021
WOW Gal
Norma Lizotte



We Invite YOU to Share Your WOW Gal Story! *It doesn't have to be YOUR Whole Life Story...*

Just a Glimpse into One or more of the Life Changing Experiences YOU have had that Helped YOU Become... Happier, Healthier, Wiser, Aware And / Or Knowledgeable.

We wish Our Readers to Resonate & / Or Recognize a Mirror of a Part of Their Life or Someone They Know; To See Light At the End of the Tunnel WITHOUT actually being TOLD Or Given a List of Steps on How to. To Learn from Example

Therefore...(No Article/Infomercial Type Stories... We are looking to share the journey...not just the happy ending)

Send Your Re-Birth Story, A Good Head Shot, A FUN Shot, (Optional) Website link & Social Media Links To:

thewomenofworthmagazine@gmail.com Or use [Uploadable Form](#) Now

OUR AMAZING WOW Gals 2022-26

2022 WOW Gals

January 2022

WOW Gal

Sarah Talbi



February 2022

WOW Gal

**Gloria
Estefan**



March 2022

WOW Gal

**Keltie
Hamilton**



April 2022

WOW Gal

**Kathy
Upper**



May 2022

WOW Gal

**Judy
Chicago**



June 2022

WOW Gal

**Merry
Clayton**



July 2022

WOW Gal

**Sujati A.
Goernitz**



August 2022

WOW Gal

**Gabrielle
(Gabby)
Giffords**



September 2022

WOW Gal

**Kechi
Ohwuchi**



October 2022

WOW Gal

Dr. Punita Arora



November 2022

WOW Gal

Lisa Goldman



December 2022

WOW Gal

**Sen. Tammy
Duckworth**



2023 WOW Gals

January 2023

WOW Gal

Mary Smith



February 2023

WOW Gal

Laura Canal



March 2023

WOW Gal

Diane Warren



2023 WOW Gals Continued

April 2023

WOW Gal

Kelsie Snow



May 2023

WOW Gal

Julie Murray

a.k.a Jewelz



June 2023

WOW Gal

Lydia Tillman



July 2023

WOW Gal

Daniela Izzie



August 2023

WOW Gal

Elizabeth "E"

Downs



September 2023

WOW Gal

Shawnee

Kish



October 2023

WOW Gal

Shana

Turner



November 2023

WOW Gal

Carolyn Savage



December 2023

WOW Gal

Faith Ringgold



2024 WOW Gals

January 2024

WOW Gal

Gloria

Steinem



February 2024

WOW Gal

Wenona

Johnson



March 2024

WOW Gal

Judy Hart



April 2024

WOW Gal

Andrea Hailey



May 2024

WOW Gal

Debi

Robinson



June 2024

WOW Gal

Leah

DeMarest



2024 WOW Gals Continued

July 2024

WOW Gal

Angelica

"Jelly"

Robinson



August 2024

WOW Gal

Karen

Lange



September 2024

WOW Gal

Susana

Rinderle



October 2024

WOW Gal

Anastasia

Pagonis



November 2024

WOW Gal

Jodi

Ettenberg



December 2024

WOW Gal

Kathy Reichs



2025 WOW Gals

January 2025

WOW Gal

Christina

Wyman



February 2025

WOW Gal

Julia

Butterfly Hill



March 2025

WOW Gal

Governor

Gretchen

Whitmer



April 2025

WOW Gal

Lindsey Vonn



May 2025

WOW Gal

Tammy

Leigh-Robinson



June 2025

WOW Gal

Jennifer

Chornley



July 2025

WOW Gal

Merri-Lee

Culbert



August 2025

WOW Gal

Lisa Fluke



September 2025

WOW Gal

Jessica McKeen

Grabell



2025 WOW Gals Continued

October 2025

WOW Gal

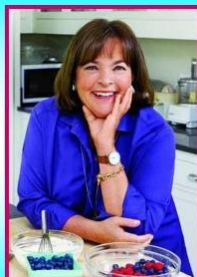
Pat
Mussieux



November 2025

WOW Gal

Ina Garten
The Barefoot
Contessa



December 2025

WOW Gal

Brenda
Lee



2026 WOW Gals

January 2026

WOW Gal

Nona
Gaprindashvili



February 2026

WOW Gal

Jacinda
Ardern



March 2026

WOW Gal

Julie
Stobbe



April 2026

WOW Gal

Urmi
Hossain



May 2026

WOW Gal

Genie Ramos



June 2026

WOW Gal

Mattea Roach



July 2026

WOW Gal

Olivia Munn



August 2026

WOW Gal

Senator Lisa
Murkowski



September 2026

WOW Gal

Holly
Christensen



October 2026

WOW Gal

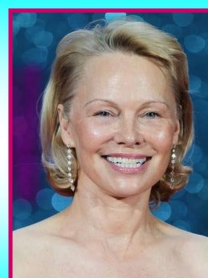
Baroness
Beeban Kidron



November 2026

WOW Gal

Pamela
Anderson



December 2026

WOW Gal

Salma Hayek
Pinault



Life According to Me

by WOW Founder Carolyn Shannon ([Excerpt from her Book Art from the Heart Adventures](#))

LIFE AS I HAVE COME TO KNOW IT...
IS FILLED WITH MANY
UPS & DOWNS;
HIGHS AND LOWS;
COMINGS AND GOINGS;
LAUGHTER AND TEARS;
HAPPINESS AND SADDNESS;
REWARDS... AND PENALTIES
FOR EACH CHOICE MADE ALONG THE WAY.
THOSE WHO EXPERIENCE THE YIN
AT THE BEGINNING
EXPERIENCE THE YANG AT THE END
AND VICE VERSA.
THEN SOMEWHERE
ALONG THE ROAD
MAY EVEN BALANCE IF ANYTHING HAS BEEN LEARNED AT ALL.

YOU WOULD THINK IT WOULD BE EASY
TO RECOGNIZE THE DIFFERENCE
BETWEEN THE SLAPS
WHEN WE'VE MADE A POOR CHOICE
AND THE GIFTS WE RECEIVE
FOR THE GOOD ONES.
YET, SOMETIMES WE'RE JUST TOO INTO IT
TO BE ABLE TO SEE CLEARLY AT ALL.

IT'S AT THESE TIMES...
IF ONLY THE GIFT OF HINDSIGHT
COULD BE EXCHANGED
FOR THE GIFT OF FORESIGHT
AND WE COULD SEE THE DISGUISED BLESSING RIGHT AWAY.
YES...THEN LIFE WOULD BE SO SIMPLE...
MAYBE TOO SIMPLE... TO BE LIFE LIVED AT ALL.

THROUGH THIS JOURNEY I HAVE COME TO TRULY BELIEVE...
THAT WE ARE NOT HUMAN BEINGS TRYING TO BE SPIRITUAL...

WE ARE SPIRITUAL BEINGS TRYING TO BE HUMAN ...
FOR THE HIGHEST GOOD OF THE EXPERIENCES NEEDED BY ALL.

Namaste

**Inspire
Connect
Collaborate**

**Together we
can improve
the lives of
all women -
regionally,
provincially,
nationally
and globally!**



**Business & Professional Women
Niagara Falls
Over 100 Years
Women Working for Women
www.bpwniagarafalls.com**

**Advocacy, Professional Development,
Leadership Skills, Networking & Friendship**

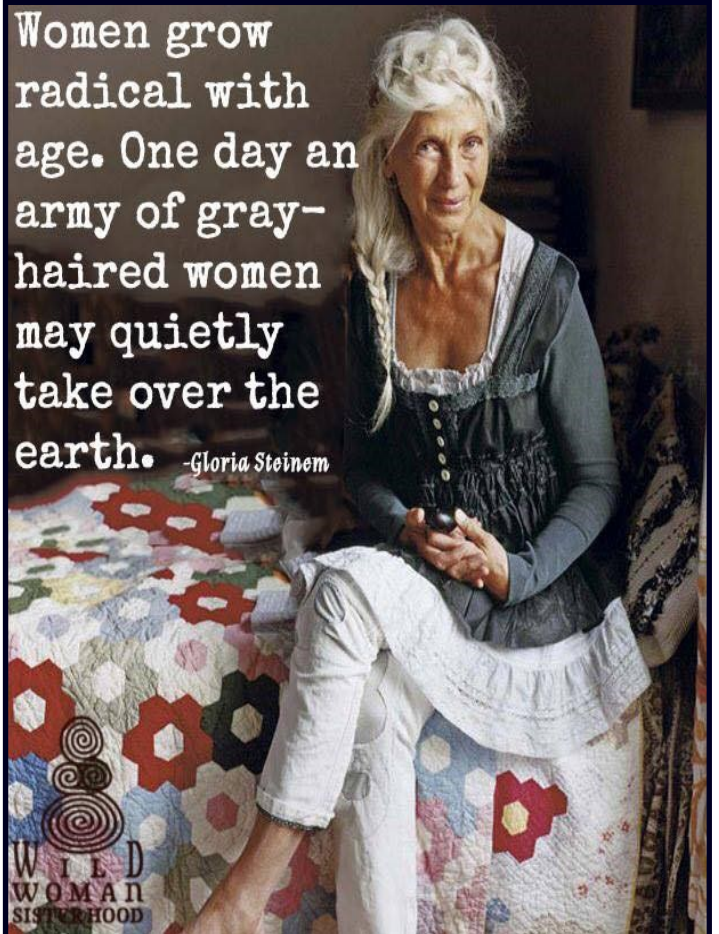
**With BPWs throughout Ontario, Canada & the
world, including Young BPW, we are**

THE VOICE FOR WOMEN



**Women grow
radical with
age. One day an
army of gray-
haired women
may quietly
take over the
earth.**

-Gloria Steinem



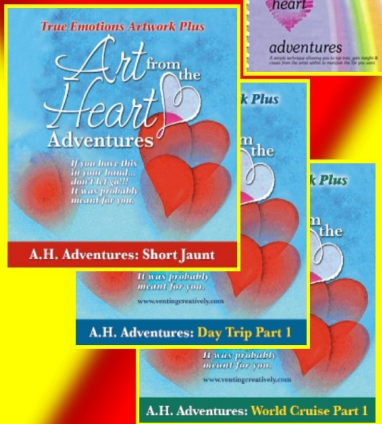
People
♥♥♥ **DISAPPOINT**
Chocolate
IS ETERNAL

**All you need
is LOVE
and shoes**



Art from the Heart Adventures

Ebooks



Mp3s

VentingCreatively.com

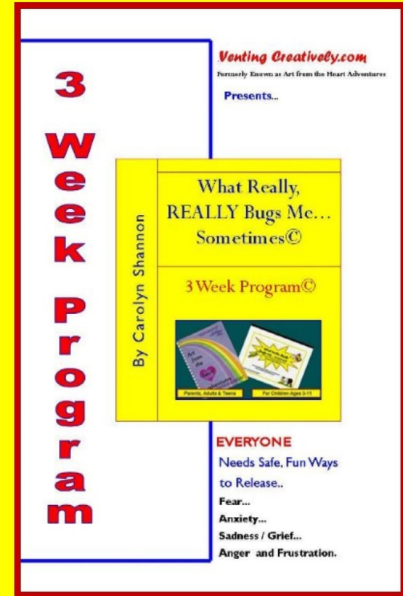
Removing YOUR Walls Of Lack & Delay The Creative Way



E-Workshop

VentingCreatively.com

What Really, *Really* Bugs Me...



VentingCreatively.com



S
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An unhealed person can find
offense in pretty much
anything someone does.

A healed person
understands
that the actions
of others have
nothing to do
with them.

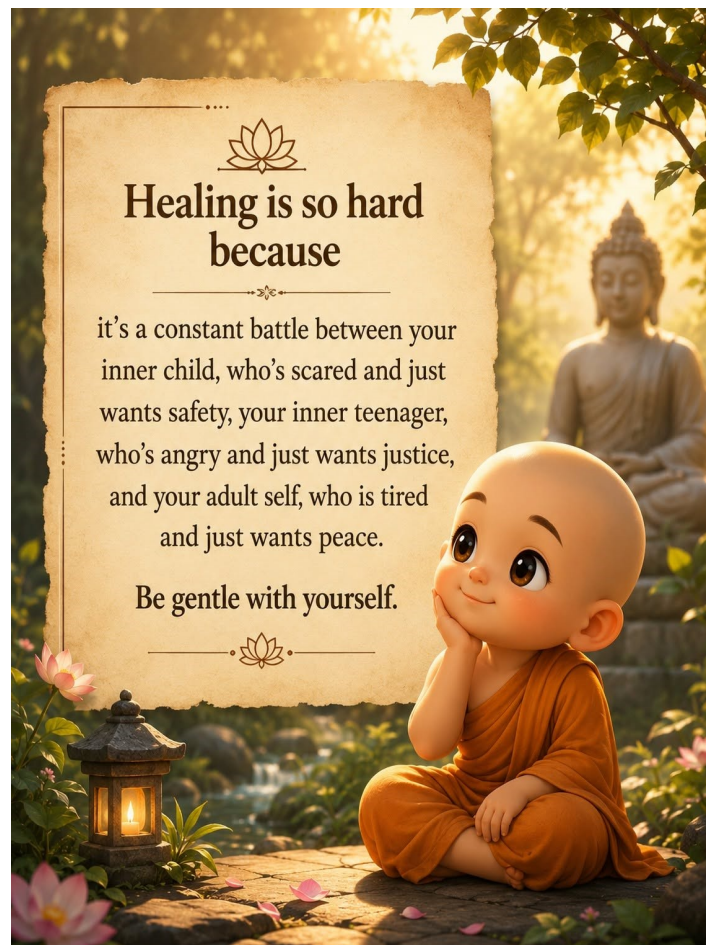
Each day you get
to decide which one
you will be.



Healing is so hard because

it's a constant battle between your
inner child, who's scared and just
wants safety, your inner teenager,
who's angry and just wants justice,
and your adult self, who is tired
and just wants peace.

Be gentle with yourself.



Celebrating the Life of...
Gloria Messenger Harman



*We at Women of Worth Magazine
 lost a Very Important Supporter
 in February of this year.*

*Gloria Messenger Harman
 Was a Valued, Loving Friend,
 Mother, Grandmother & recently a
 Great-Grandmother.*

*She also served close to 30 years
 as an Angel Connector via
 Channelled Angel Portraits,
 Names & Messages.*

*She is indeed irreplaceable to many
 In our Hearts & Souls.
 Leaving many of us with the
 comfort of our Tangible Visual,
 Guardian Angel Portraits*

*She was a 'Soul' Sis to Us
 And We Miss Her
 More than Words Can Say Here*

"ANGEL ALERTS!"
Communication from Your Angels"

Gloria Messenger, leaves us all with this simple, personal ways she believed people can connect with their angels.

Your angels communicate through your **six senses**—vision, smell, hearing, taste, touch, and intuition—and you can intentionally choose one sense as your "alert" channel.

- **Choose a sense** you want your angels to use when reaching out to you. Gloria chose **touch**, asking her angels to "tickle" her nose so she'd know they were present.
- **Set the intention** during quiet meditation or prayer: Describe how you want your angels to signal you, thank them, and ask to become more aware of the signs.
- **Pay attention to the moment** when your chosen signal happens:
- Notice what you were thinking—positive or negative.
- **Consider whether** it's a caution, a reminder to appreciate beauty, or guidance delivered through sound or conversation.
- **Guidance through others:** Sometimes a friend may say something meaningful that feels divinely timed; Gloria notes that people often can't repeat these moments because they were "guided" to say them.

*Practicing
 & Trusting this
 simple method of
 communication with
 Your Personal Angels
 has already saved
 many from taking
 steps that would hurt
 or harm them in any
 way.*

*It literally saved her
 son's life by itching a
 part of his leg that
 was so strong he had
 to lift his foot off the
 gas just long enough
 to reduce speed and
 avoid being part of
 the car accident he
 was heading towards.*

FEATURED WOW Gal ANGELS

2014 WOW Gal Angels

January 2014

**WOW Gal
"ANGEL"**

Laura Fitzpatrick



February 2014

**WOW Gal
"ANGEL"**

Wilma Meyers



March 2014

**WOW Gal
"ANGEL"**

Edna Coombes



April 2014

**WOW Gal
"ANGEL"**

Joan Mary
(Montgomery)
Harvey



May 2014

**WOW Gal
"ANGEL"**

Jeannine O'Neill



June 2014

**WOW Gal
"ANGEL"**

Anne Toth



July 2014

**WOW Gal
"ANGEL"**

Pattie Noel



August 2014

**WOW Gal
"ANGEL"**

Rehtaeh Parsons



September 2014

**WOW Gal
"ANGEL"**

Monica Golubinski



October 2014

**WOW Gal
"ANGEL"**

Helen White



November 2014

**WOW Gal
"ANGEL"**

Elisabeth Louisa
(Strierner) Koll



December 2014

**WOW Gal
"ANGEL"**

Elsie Ann (Ford)
Downey



2015 WOW Gal Angels

January 2015

**WOW Gal
"ANGEL"**

Linda (Messenger)
Callendar



February 2015

**WOW Gal
"ANGEL"**

Carmella (Tonnah)
Silvio



March 2015

**WOW Gal
"ANGEL"**

Chantal Louise
Commerford



2015 WOW Gal Angels Continue

April 2015
WOW Gal
"ANGEL"

Marsha Ellen
Meidow



MAY 2015
WOW Gal
"ANGEL"
Nameless One



June 2015
WOW Gal
"ANGEL"
Frances Louisa
Shriner



July 2015
WOW Gal
"ANGEL"
Army Sgt.
Simone Robinson



August 2015
WOW Gal
"ANGEL"
Florence May
(Hanneberry Fitzpatrick)
Bowles



September 2015
WOW Gal
"ANGEL"
Parvati Bai



October 2015
WOW Gal
"ANGEL"
Lesley Sue
(Goldstein) Gore



NOVEMBER 2015
WOW Gal
"ANGEL"
Martha Raye



December 2015
WOW Gal
"ANGEL"
Inge Pfeiffer



2016 WOW Gal Angels

January 2016
WOW Gal
"ANGEL"
Irena (Krzyżanowska)
Sendler



February 2016
WOW Gal
"ANGEL"
Margaret Ann
(Harfitt) Hunt



March 2016
WOW Gal
"ANGEL"
Dr. Jane Claypool



April 2016
WOW Gal
"ANGEL"
Linda (Owen)
Sullivan



MAY 2016
WOW Gal
"ANGEL"
Doris May
(Green) Roberts



JUNE 2016
WOW Gal
"ANGEL"
Lori Webb
(Morellato)



2016 WOW Gal Angels Continue

July 2016

**WOW Gal
"ANGEL"**

Beverly Anne
Haskins



August 2016

**WOW Gal
"ANGEL"**

Wendy Martina
May Fraser



September 2016

**WOW Gal
"ANGEL"**

Barbara Jordan



October 2016

**WOW Gal
"ANGEL"**

Kea Donalda
Mckay Reid



November 2016

**WOW Gal
"ANGEL"**

Clara Bragagnolo
aka Grandma Braggs



DECEMBER 2016

**WOW Gal
"ANGEL"**

"King" Christina



2017 WOW Gal Angels

January 2017

**WOW Gal
"ANGEL"**

Diane McGee



February 2017

**WOW Gal
"ANGEL"**

Cindy Stowell



March 2017

**WOW Gal
"ANGEL"**

Dawn Marcus



April 2017

**WOW Gal
"ANGEL"**

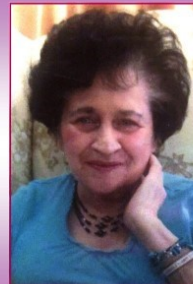
Dr. Bessica Raiche



May 2017

**WOW Gal
"ANGEL"**

Donna Gloria
(Clarke) Mawhin



June 2017

**WOW Gal
"ANGEL"**

Phyllis Ada
(Driver) Diller



July 2017

**WOW Gal
"ANGEL"**

Virginie Charpentier
Southam Bijon



August 2017

**WOW Gal
"ANGEL"**

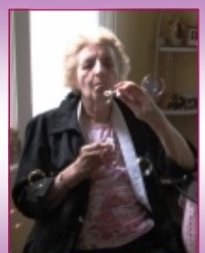
Army Pfc.
Patricia L. Horne



September 2017

**WOW Gal
"ANGEL"**

Christine Cresswell



2017 WOW Gal Angels Continue

October 2017

**WOW Gal
"ANGEL"**

Shirley Carr



November 2017

**WOW Gal
"ANGEL"**

Daphne Caruana
Galizia



December 2017

**WOW Gal
"ANGEL"**

Laurie DiLibero



2018 WOW Gal Angels

January 2018

**WOW Gal
"ANGEL"**

June Rowlands



February 2018

**WOW Gal
"ANGEL"**

Rosa Parks



March 2018

**WOW Gal
"ANGEL"**

Myrtle Messenger



April 2018

**WOW Gal
"ANGEL"**

Rebecca Schofield



May 2018

**WOW Gal
"ANGEL"**

Rose Marie (Guy)



June 2018

**WOW Gal
"ANGEL"**

Gilda Radner



July 2018

**WOW Gal
"ANGEL"**

Amy Krouse
Rosenthal



August 2018

**WOW Gal
"ANGEL"**

Barb (Goldner)
Shipon



September 2018

**WOW Gal
"ANGEL"**

Jessie Isobel
(Allin) MacKenzie



October 2018

**WOW Gal
"ANGEL"**

Margaret (Peggy)
Irene Westlake



November 2018

**WOW Gal
"ANGEL"**

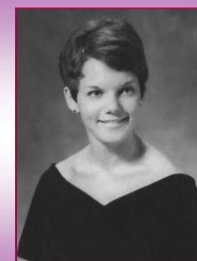
Janet Howes



December 2018

**WOW Gal
"ANGEL"**

Ginny (Virginia)
Kirsch



2019 WOW Gal Angels

January 2019

**WOW Gal
"ANGEL"**

Florence Meisner



February 2019

**WOW Gal
"ANGEL"**

Aretha Franklin



March 2019

**WOW Gal
"ANGEL"**

Victoria Woodhull



April 2019

**WOW Gal
"ANGEL"**

Miranda Bauer



May 2019

**WOW Gal
"ANGEL"**

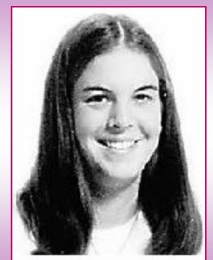
Jean Jensen



June 2019

**WOW Gal
"ANGEL"**

Kolleen Roberts



July 2019

**WOW Gal
"ANGEL"**

Dorothy
Rungeling



August 2019

**WOW Gal
"ANGEL"**

Mary Jane
Colter



September 2019

**WOW Gal
"ANGEL"**

General Anna Mae
(McCabe) Hays



October 2019

**WOW Gal
"ANGEL"**

Chelsea Anne
Michelle Brown



November 2019

**WOW Gal
"ANGEL"**

Natanya Natalia
Pillay



December 2019

**WOW Gal
"ANGEL"**

Lois Olive (Hall)
Cunningham



2020 WOW Gal Angels

January 2020

**WOW Gal
"ANGEL"**

Ruth (Fitzpatrick)
Panteluk



February 2020

**WOW Gal
"ANGEL"**

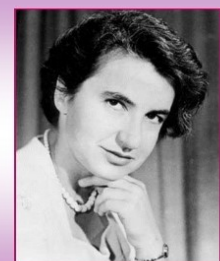
Linda Brown
Thompson



March 2020

**WOW Gal
"ANGEL"**

Rosalind Elsie
Franklin



2020 WOW Gal Angels Continue

April 2020

WOW Gal
"ANGEL"

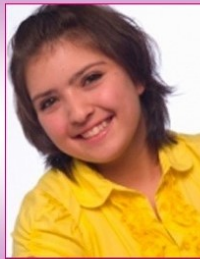
Elizabeth Cochrane
Seaman aka
Nellie Bly



May 2020

WOW Gal
"ANGEL"

Lindsey Lourenco



June 2020

WOW Gal
"ANGEL"

Henrietta
(Pleasant) Lacks



July 2020

WOW Gal
"ANGEL"

Linda Ann
(Neily) Preston



August 2020

WOW Gal
"ANGEL"

Ruth (Muskra)
Bronson



September 2020

WOW Gal
"ANGELS"

ALL Suffragettes



October 2020

WOW Gal
"ANGELS"

Rabbi Regina Jonas



November 2020

WOW Gal
"ANGELS"

Senior Officer
Erica McAdoo



December 2020

WOW Gal
"ANGEL"

Elsie MacGill



2021 WOW Gal Angels

January 2021

WOW Gal
"ANGEL"

Carol Ann
(Hutchinson) Williams



February 2021

WOW Gal
"ANGEL"

Linda (Potas)
Sylvain



March 2021

WOW Gal
"ANGEL"

Elinor (Fletcher)
Jones



April 2021

WOW Gal
"ANGEL"

Viola Irene
Desmond



May 2021

WOW Gal
"ANGEL"

Pauline (Pahach)
Yawney



June 2021

WOW Gal
"ANGEL"

Katharine Coleman
Goble Johnson



2021 WOW Gal Angels Continue

July 2021

WOW Gal

"ANGEL"

[Madam C.J. Walker](#)



August 2021

WOW Gal

"ANGEL"

[Helen Patterson](#)



September 2021

WOW Gal

"ANGEL"

[Toni Morrison](#)



October 2021

WOW Gal

"ANGEL"

[Emma Leckey](#)



November 2021

WOW Gal

"ANGEL"

[Billie \(Eleanora
Fagan\) Holliday](#)



December 2021

WOW Gal

"ANGEL"

[Maryanne
Fletcher Harden](#)



Have a WOW Gal Angel Tribute to share?

*Loved a Woman
who has passed
away?*

*Do a Heartfelt
Tribute!*

*Celebrate her as a
WOW Gal ANGEL!*

Yes Men can too!



*We invite you to
share 3-5 fond
memories, how
they impacted
your life / the
lives of others
along with 1-2
photos to us.*

*(BE SURE TO
Include their Full Name)*

View Angel Tributes here: WOWGalAngels.com

Submit Tributes To: ([Uploadable Form](#))

thewomenofworthmagazine@gmail.com

WOW Gal ANGELS 2022-2026

2022 WOW Gal Angels

January 2022

**WOW Gal
"ANGEL"**

Lucille Ball



February 2022

**WOW Gal
"ANGEL"**

Josephine
(McDonald) Baker



March 2022

**WOW Gal
"ANGEL"**

Wilma Berswick



April 2022

**WOW Gal
"ANGEL"**

Marion Miller



May 2022

**WOW Gal
"ANGEL"**

Theresa
Saldana



June 2022

**WOW Gal
"ANGEL"**

Mary Kay Ash



July 2022

**WOW Gal
"ANGEL"**

Hallie Morse
Daggett



August 2022

**WOW Gal
"ANGEL"**

Jane Kristen
Marczewski
a.k.a. *Nightbirde*



September 2022

**WOW Gal
"ANGEL"**

Dame Agatha
(Miller) Christie



October 2022

**WOW Gal
"ANGEL"**

Wilma L. Morrison



November 2022

**WOW Gal
"ANGEL"**

Loretta (Webb) Lynn



December 2022

**WOW Gal
"ANGEL"**

Marvel Crosson



2023 WOW Gal Angels

January 2023

**WOW Gal
"ANGEL"**

Evalynn 'Linnea'
Olson



February 2023

**WOW Gal
"ANGEL"**

Shelagh (Ross)
Rayworth



March 2023

**WOW Gal
"ANGEL"**

Rev. Hanna Kroeger



2023 WOW Gal Angels Continue

April 2023
WOW Gal
"ANGEL"

Alice Vivian (Wessels)
Richardson



May 2023
WOW Gal
"ANGEL"

Samantha Smith



June 2023
WOW Gal
"ANGEL"

Karen Christine
(Bell) Nevitt



July 2023
WOW Gal
"ANGEL"

Bernice
(Mazewski) Lezon



August 2023
WOW Gal
"ANGEL"

Hattie McDaniel



September 2023
WOW Gal
"ANGEL"

Elisabeth
Kübler-Ross



October 2023
WOW Gal
"ANGEL"

Alice Kahn Ladas



November 2023
WOW Gal
"ANGEL"

Wilhelmina "Billie"
Cole Holladay



December 2023
WOW Gal
"ANGEL"

Carol L Dinen



2024 WOW Gal Angels

January 2024
WOW Gal
"ANGEL"

Donna ELAINE
(Stevens) Meisner



February 2024
WOW Gal
"ANGEL"

Cathy (CJ) Richards



March 2024
WOW Gal
"ANGEL"

Helen (AM) Reddy



April 2024
WOW Gal
"ANGEL"

Yvonne Peggy
(Capham) Carson



May 2024
WOW Gal
"ANGEL"

Irene "Rena"
Waltraud (Gumball)
Langlois



June 2024
WOW Gal
"ANGEL"

Kaitlyn Elizabeth
Anne Kelly



2024 WOW Gal Angels Continue

July 2024
WOW Gal
"ANGEL"

Barbara Jill
Walters



August 2024
WOW Gal
"ANGEL"

Kaitlyn Elizabeth
Rose Bates



September 2024
WOW Gal
"ANGEL"

Bette Graham
Nesmith



October 2024
WOW Gal
"ANGEL"

Josephine Avery
"Josie" Economy



November 2024
WOW Gal
"ANGEL"

Cheryl Bradshaw



December 2024
WOW Gal
"ANGEL"

Colleen Spiro



2025 WOW Gal Angels

January 2025
WOW Gal
"ANGEL"

Jean Elizabeth
(Knipe) Diebel



February 2025
WOW Gal
"ANGEL"

Dr. Karola Ruth
(Siegel) Westheimer



March 2025
WOW Gal
"ANGEL"

Lily Lynn (McDaniel)
Ledbetter



April 2025
WOW Gal
"ANGEL"

Jane Withers



May 2025
WOW Gal
"ANGEL"

Johanna (Jo)
van Gogh Bonger



June 2025
WOW Gal
"ANGEL"

Sandra Valerie
"Sandy" Culbert



July 2025
WOW Gal
"ANGEL"

Zelia Maria
Magdalena Nuttall



August 2025
WOW Gal
"ANGEL"

Gwendolyne Judith
"Gwen" Tooth



September 2025
WOW Gal
"ANGEL"

Gay Catherine
Douglas



2025 WOW Gals Angels Continued

October 2025

WOW Gal
"ANGEL"

Lindy Anne
Krohn Lund



November 2025

WOW Gal
"ANGEL"

Margaret Ellen
"Peggy" White



December 2025

WOW Gal
"ANGEL"

Hazel M Johnson



2026 WOW Gal Angels

January 2026

WOW Gal
"ANGEL"

Shirley Jane
Temple Black



February 2026

WOW Gal
"ANGEL"

Mary "Jane"
(Ward) Revell



March 2026

WOW Gal
"ANGEL"

Julia "Julie"
Compton Moore



April 2026

WOW Gal
"ANGEL"

Barbara
Hillary



May 2026

WOW Gal
"ANGEL"

Barbara
Shermund



June 2026

WOW Gal
"ANGEL"

Beatrice "Bea"
(Hutchinson) Mutton



July 2026

WOW Gal
"ANGEL"

Catherine
Anne O'Hara



August 2026

WOW Gal
"ANGEL"

Linda (Epstein)
Creed



September 2026

WOW Gal
"ANGEL"

Nina Strong
A Harvey Girl



October 2026

WOW Gal
"ANGEL"

Belvagene 'Belva'
(Melton) Davis



November 2026

WOW Gal
"ANGEL"

Ethel "Joyce"
Symes McElroy



December 2026

WOW Gal
"Angel"

Nadia Lawrence



Go Ahead, Cry!

When was the last time you had a GOOD cry? Not one of those almost cries that you stuff back down to join all the other almost cries you have had over the long haul. I am talking about a cry you let loose and allow to literally flow until the last drop.

What is stopping you? Is it the fact that you feel the urge at the most inopportune times? The first weeks after my Mom died I would feel the urge to cry on the way to work. I prayed for the strength to make it through the work day promising to continue this cry as soon as I was home and I did. Like Deborah from Everyone Loves Raymond you sometimes need to book time to be alone and cry.



Do you see crying as a sign of weakness? In my experience, a woman may seem vulnerable by coming to tears in the first few minutes of handling conflict then look out! Whether she stands firm or leaves the room until she has recovered she will become a stronger, clear thinking woman with the exact words or action necessary to get her thoughts across or needs met. It can even give her the strength necessary to leave an unhealthy relationship, workplace or situation.

I often hear the words, “I’m afraid I won’t stop if I start.” Tears are water so it stands to reason that when you hold them back pressure is built up. Therefore, when you haven’t released held back tears for years it can feel scary when it comes out in a huge gush that seems intense and uncontrollable. This is generally a short-term experience. What tends to prolong the cry is the learned behaviour of constantly trying to control it by scrunching our eyes up tighter and trying to control it. In my experience, this is what causes us to look all puffy and red nosed after a good cry.

A wonderful exercise in learning to allow your tears with ease is to look in a mirror to truly observe the experience. This is incredibly freeing when done without self-criticism. Remember you are observing the experience, not the person (you) doing it. The more you relax into the moment, the lighter you will feel. The puffiness will be minimal if at all. Whenever I have allowed my tears to flow freely I have actually been told how much better I look just minutes after. All the strain has gone out of my face.



In time you may even be able to recognize the difference between old tears that practically jump out of your eyes, new tears that gently flow down your cheek and what I call God Moment tears. The latter being when you feel an incredible connection to something or someone and the love and/or gratitude you feel is simply overwhelming. **I love God Moments!!!**

Crying is just another way of eliminating (emotional) poisons and toxins from your body. It is as natural and important as eliminating our physical debris. Just as being constipated for long periods can cause you to gain weight and become ill so can blocking the natural flow of heartfelt tears.

By releasing the pressure of holding back tear after tear, year after year you will create a void making space for more happiness & joy.

Article by Carolyn Shannon, WOW Magazine Founder



The Gal Who Speaks With Animals

BEING A VOICE FOR THE ANIMALS,
SHARING THEIR MESSAGES WITH THE WORLD



FEATURED WOW Pet ANGELS

2019 WOW Pet Angels

January 2019

**WOW Pet
Angel**
Sammy
Shannon



February 2019

**WOW Pet
Angel**
Kitty Haines



March 2019

**WOW Pet
Angel**
Samantha
Thomson



April 2019

**WOW Pet
Angel**
Bicardi
Fitzpatrick



May 2019

**WOW Pet
Angel**
Cody
Thomson



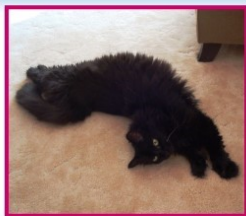
June 2019

**WOW Pet
Angel**
Peanut Butter
Thomson



July 2019

**WOW Pet
Angel**
Midnight
High



August 2019

**WOW Pet
Angel**
Woody (Woodstock)
Yamaduki/Hardy



September 2019

**WOW Pet
Angel**
Ralph
Fitzpatrick



October 2019

**WOW Pet
Angel**
Jesse Bell



November 2019

**WOW Pet
Angel**
Seffie Beautiful



December 2019

**WOW Pet
Angel**
Pixie Ogle



2020 WOW Pet Angels

January 2020

**WOW Pet
Angel**
Quazar
Scott-Krajcovic



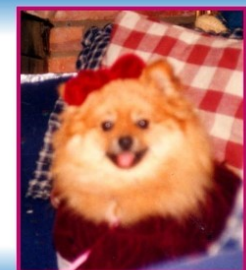
February 2020

**WOW Pet
Angel**
Ginger
Fitzpatrick Cameron



March 2020

**WOW Pet
Angel**
Molly
Brunette



2020 WOW Pet Angels Continue

April 2020
**WOW Pet
 Angel**
 Prince Augustus
 (Gus for Short)



May 2020
**WOW Pet
 Angel**
 Kitty Purry



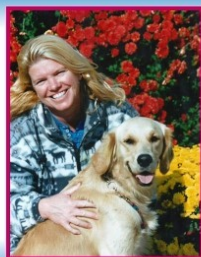
June 2020
**WOW Pet
 Angel**
 Scruffy Lowrey



July 2020
**WOW Pet
 Angel**
 Crockett
 Billings



August 2020
**WOW Pet
 Angel**
 Sasha Royer



September 2020
**WOW Pet
 Angel**
 Shadow Toth



October 2020
**WOW Pet
 Angel**
 Curley Royer



November 2020
**WOW Pet
 Angel**
 Magic Upper

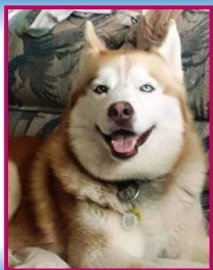


December 2020
**WOW Pet
 Angel**
 Brutus Colter



2021 WOW Pet Angels

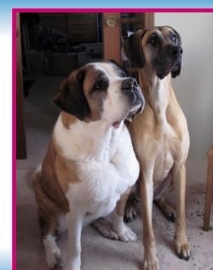
January 2021
**WOW Pet
 Angel**
 Rusty Poulin



February 2021
**WOW Pet
 Angel**
 Jo Jo
 Hutchinson



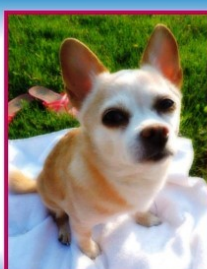
March 2021
**WOW Pet
 Angels**
 Ella Francis &
 Audrey Elizabeth



April 2021
**WOW Pet
 Angel**
 One Eye
 Hutchinson



May 2021
**WOW Pet
 Angel**
 BeBe Boi
 Djurkovic



June 2021
**WOW Pet
 Angel**
 Rusty
 Hutchinson



2021 WOW Pet Angels Continue

July 2021
WOW Pet
Angel
THE BOO



August 2021
WOW Pet
Angel
Nuttty Bunny
Hutchinson



September 2021
WOW Pet
Angel
Faith Cannings



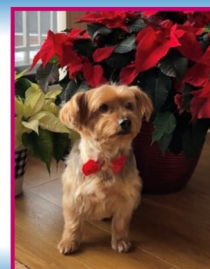
October 2021
WOW Pet
Angel
Nanuq
Dobbyn



November 2021
WOW Pet
Angel
Samuri (Sammy)
Royer



December 2021
WOW Pet
Angel
Rafa Panteluk



Have a WOW Pet Angel Tribute to share?

*Loved a Pet who
has passed away?*

*Do a Heartfelt
Tribute!*

*Celebrate them as a
WOW Pet ANGEL!*

*Yes, make it a
Family Tribute!*



*We invite you to
share 3-5 fond
memories, how
they impacted
your life / the
lives of others
along with 2-3
photos to us.*

*(BE SURE TO
Include their Full Name)*

View Angel Tributes here: WOWPetAngels.com

Submit Tributes To: ([Uploadable Form](#))

thewomenofworthmagazine@gmail.com

WOW Pet ANGELS 2022-2026

2022 WOW Pet Angels

January 2022

**WOW Pet
Angel**
Finley Skelly



February 2022

**WOW Pet
Angel**
May Luv Hall



March 2022

**WOW Pet
Angel**
Cookie
Kazmarski



April 2022

**WOW Pet
Angel**
Hector
Nelson



May 2022

**WOW Pet
Angel**
Maraya
Windheart



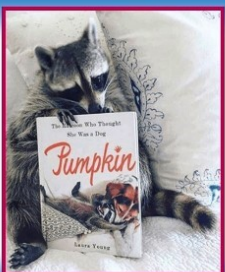
June 2022

**WOW Pet
Angel**
Mojo
Neuman



July 2022

**WOW Pet
Angel**
Pumpkin
Young



August 2022

**WOW Pet
Angel**
Chester
Montreuil



September 2022

**WOW Pet
Angel**
Pearl Yelich-
O'Connor



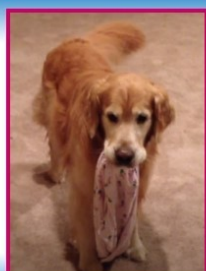
October 2022

**WOW Pet
Angel**
Monkey Doodle
Lynn Mistoffeles
Neufer



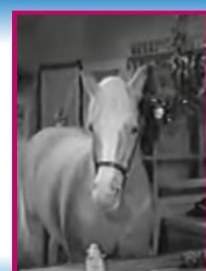
November 2022

**WOW Pet
Angel**
Jake Boggess



December 2022

**WOW Pet
Angel**
Bamboo
Harvester / Mr. Ed



2023 WOW Pet Angels

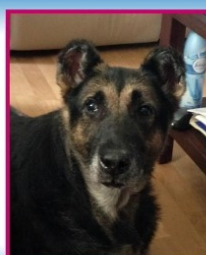
January 2023

**WOW Pet
Angel**
Chocolate
Hanson



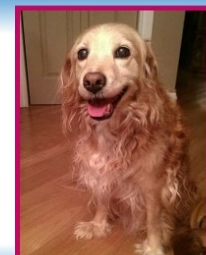
February 2023

**WOW Pet
Angel**
Bella Holly



March 2023

**WOW Pet
Angel**
Shelby Murray



2023 WOW Pet Angels Continue

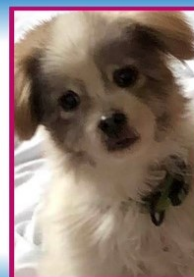
April 2023
WOW Pet
Angel
Moose the
Model Ferret



May 2023
WOW Pet
Angel
Miss Sassy
Carson



June 2023
WOW Pet
Angel
Max
Jardine



July 2023
WOW Pet
Angel
Cricket
Nevitt



August 2023
WOW Pet
Angel
Big Bird the
Pelican



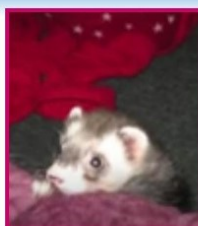
September 2023
WOW Pet
Angel
Minze Froelich



October 2023
WOW Pet
Angel
Chipper
Wheeler



November 2023
WOW Pet
Angel
My "Bestie"
Demetri



December 2023
WOW Pet
Angel
Junior Millan



2024 WOW Pet Angels

January 2024
WOW Pet
Angel
LilyRose
Broerse



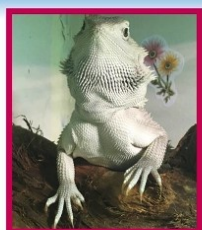
February 2024
WOW Pet
Angel
Pretty Girl
Rogers



March 2024
WOW Pet
Angel
Lexi
Cronier



April 2024
WOW Pet
Angel
Nova Fennen



May 2024
WOW Pet
Angel
Kiji Hobbs



June 2024
WOW Pet
Angel
Sterling Boyd



2024 WOW Pet Angels Continue

July 2024
WOW Pet
Angel
Chance
Moore



August 2024
WOW Pet
Angel
Diego Chitty



September 2024
WOW Pet
Angel
Cooper Davis



October 2024
WOW Pet
Angel
My Marly Girl
Ganley



November 2024
WOW Pet
Angel
My Besty
Bonita Bird



December 2024
WOW Pet
Angel
Django Todd



2025 WOW Pet Angels

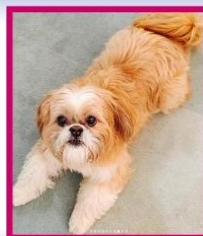
January 2025
WOW Pet
Angel
Cala
Toth



February 2024
WOW Pet
Angel
Princess
Roxy



March 2025
WOW Pet
Angel
Chewie
Consuelos



April 2025
WOW Pet
Angel
Clifford Oesch



May 2025
WOW Pet
Angel
Roxanne
Elizabeth "Roxy"
Robidoux



June 2025
WOW Pet
Angel
Cody Bush
Valade



July 2025
WOW Pet
Angel
Mr. Mooshie
Haines



August 2025
WOW Pet
Angel
Benny Ethel
Birdsong
deNikolits



September 2025
WOW Pet
Angel
Mitsy
Corupe



2025 WOW Pet Angels Continue

October 2025

**WOW Pet
Angel
Nina
Norder**



November 2025

**WOW Pet
Angel
Darwin
Haines**



December 2025

**WOW Pet
Angel
Cleo
Campbell**



2026 WOW Pet Angels

January 2026

**WOW Pet
Angel
Jasper the
Bunny**



February 2026

**WOW Pet
Angel
Thunder
Haines**



March 2026

**WOW Pet
Angel
Zorro Jr.
Norder**



April 2026

**WOW Pet
Angel
Russia Luna
Attard**



May 2026

**WOW Pet
Angel
Mr. Cookie
MacLeod
Lutchin**



June 2026

**WOW Pet
Angel
Hershey
Mawhin**



July 2026

**WOW Pet
Angel
Fozzy Bear
Harvey**



August 2026

**WOW Pet
Angel
Midnight
Panther Boy
MacLeod**



September 2026

**WOW Pet
Angel
Tamarac Cats'
Baby Mama**



October 2026

**WOW Pet
Angel
Tinkerbelle
Carson**



November 2026

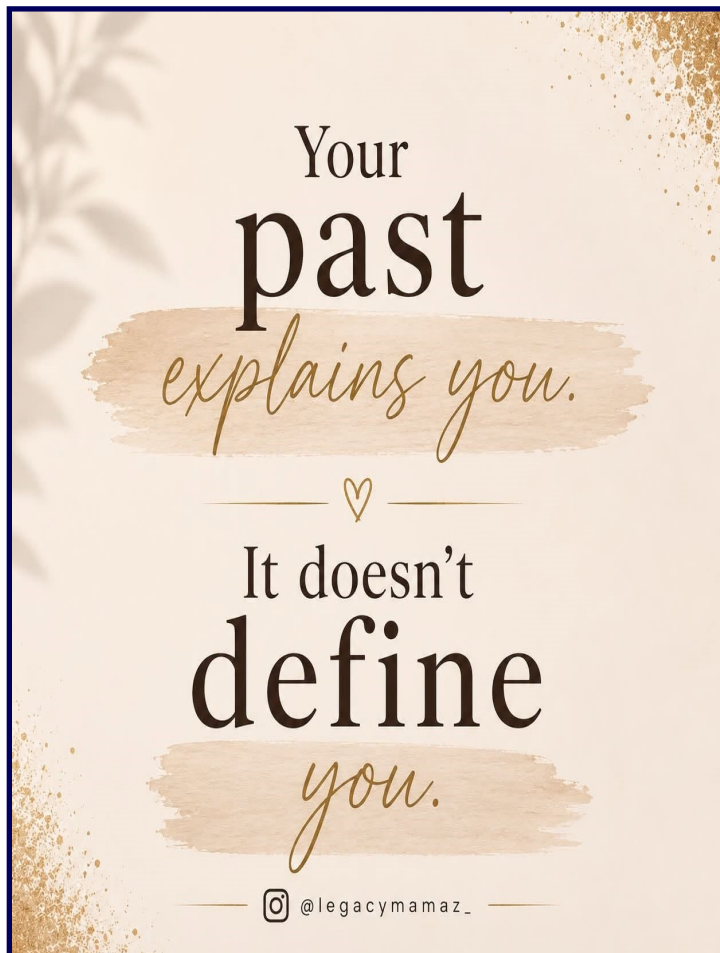
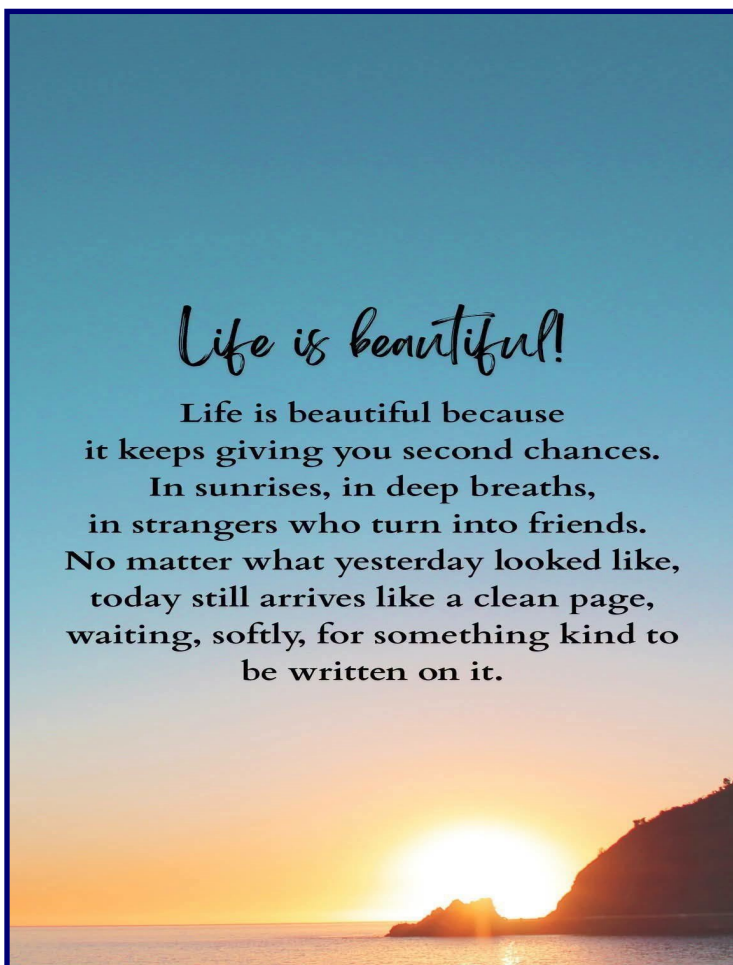
**WOW Pet
Angel
Miss Picciridda,
Peachy, Peaches,
Princess to
Peachy MacLeod**



December 2026

**WOW Pet
Angel
Nemo
Haines-Corupe**





Your Next Step to Possibility



Charmaine Grace
Life Coach, Group Facilitator, Speaker

Certified Law of Attraction Life Coach, Passion Test facilitator, Speaker and retreats host.

Specializing in helping women find their passion and reignite their dreams by bringing a renewed sense of purpose and vitality to their lives.



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Cleaning, Clearing, Ha Ha Ha!

My spring cleaning came after the first day of summer this year. While starting was something I dreaded I finally had the time, opportunity and energy aligned to clear, clean and re-organize one weekend. While unable to go through my whole home, inside and out, the 75% I did get to left me feeling...LIGHTER, both physically and emotionally. To help myself get into the mood and keep the momentum going I always try to make it fun. You can too! How you ask?

PUT ON YOUR FAVOURITE UPBEAT MUSIC. Most dance music works to stimulate the root chakra helping us to move more efficiently and effortlessly. It is impossible to sit absolutely still when this music is playing loud enough to get your heart thumping.

DANCE WITH YOUR VACUUM. The first time I heard this I smiled. When I actually tried it I was surprised how much easier it was to move with it rather than constantly pushing and pulling it almost against its will. (My vacuum and I are now friends where we were once enemies to the point where it broke my baby finger by slamming its lid down while I was changing a bag.)

DO THINGS IN SHORT SPURTS. When I was teaching commercials were my get up and do something times. Besides using them for a washroom break, I could dust a room, sweep a floor, or organize a shelf or brush my teeth, wash my face etc, during this time. Yes, it can be hard getting off the couch especially in the winter when you are all cozy and warm but the sense of accomplishment is so worth it and far better than trying to do things just before bed. Now, while my SO (Significant Other) watches Public TV to avoid commercials altogether, I treasure them for the opportunities they present, even the ones that make me hungry.

WEAR WHITE RUNNING SHOES. For me, it's the WHITER, the LIGHTER I feel. Ever notice new white shoes seem to make you feel like an athlete ready to run a marathon? It feels like your feet want to move and you have no choice but to try to keep up with them. Okay, see yourself now...white shoes, dancing with your vacuum to the song, "I Will Survive" during a commercial. **Works for Me. Hope it does for YOU too!**



**ZOOM LAUGH
Yourself
Healthier
Club!!!**



***Get out of your head
& into your heart***

Sit/Stand
Improve Your
Heart, Lungs
& State of Mind
in just 30 Mins!
Start &/or End
Week with this
**GREAT Stress
Relief for an
AMAZING Day!!**

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**Register 24 hours
ahead to receive the
zoom link**
Invite a friend or family
member to join in with
you in your home
Only takes 3 free times
to totally relax / be a Pro
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HEALTHIER.COM**

Carolyn Shannon
Laugh YOURSELF Healthier
laughyourselfhealthier@gmail.com

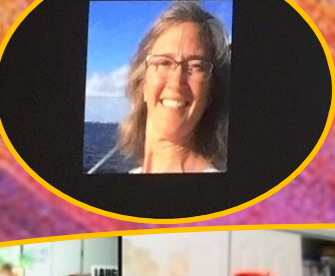
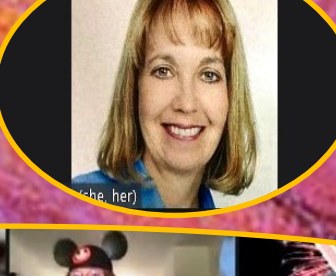


YOU
look
SO MUCH BETTER WHEN
you smile

Flashbacks from Our 2016 Anniversary Event



Flashbacks from Our 2021 Virtual Anniversary Event

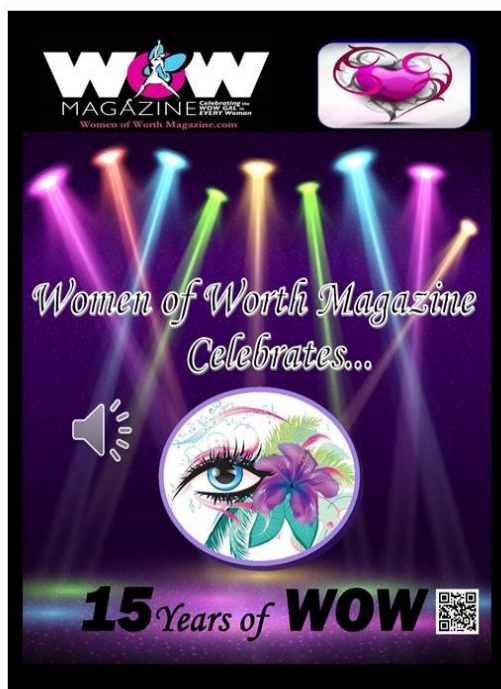


Your
past
explains you.



It doesn't
define
you.

 @legacymamaz_



Featured WOW Gals



Featured WOW Gal Angels



Featured WOW Pet Angels

Women of Worth Magazine



*Features Women Whose Stories
are a Reflection of Many...*



*To Inspire, Empower and/or Heal
others simply through their telling*