

The Feather Report



A Leading Lady Collective Newsletter



From the Desk of AliceAnne:



As we approach the end of this year, I find myself reflecting deeply on what it means to cultivate health – not just in our bodies, but in our minds and hearts. There's something about this time of year that encourages reflection. It's a season for taking stock of the small victories and the moments that pushed us to grow in ways we didn't expect. We naturally start to look back on the year that's been and forward to the one that's coming.

And what better moment to redefine what health and mindfulness mean to us?

If you're like me, you might associate the end of the year with a frantic rush – holiday preparations, year-end business goals, and the pressure to tie up loose ends. But what if we flipped the script this year? What if, instead of racing to the finish line, we used this time to slow down, tune in, and truly nourish ourselves?

This quarter, we're diving deep into two themes that I believe are crucial for every Leading Lady: redefining health and embracing mindfulness.

When we talk about redefining health, we're not just talking about physical well-being (though that's certainly part of it). We're talking about a holistic approach that encompasses your mental, emotional, and spiritual health too. It's about listening to your body, honoring your needs, and giving yourself permission to prioritize self-care without guilt.

As women leaders, we often fall into the trap of putting everyone else's needs before our own. We push ourselves to the brink, wear our exhaustion like a badge of honor, and then wonder why we feel burnt out and disconnected.

Sound familiar? I've been there too.

But here's the thing – true health isn't about perfection. It's not about following a strict regimen or meeting someone else's standards. It's about finding what works for you, what makes you feel alive and vibrant, and what allows you to show up as your best self – both in business and in life.

This is where mindfulness comes in. In our fast-paced, always-on world, mindfulness can feel like a luxury we can't afford. But I'd argue that it's something we can't afford to ignore. Mindfulness isn't about emptying your mind or achieving some zen-like state (though if that happens, more power to you!). It's about being present, aware, and intentional in our thoughts and actions.

Imagine approaching your business decisions with clarity and purpose, rather than reacting from a place of stress or overwhelm. Picture yourself navigating the holiday season with grace and joy, rather than getting swept up in the chaos. That's the power of mindfulness.

As we explore these themes this quarter, I want to challenge you to question your assumptions about health and mindfulness. What beliefs are holding you back? What small changes could make a big difference in how you feel and function?

Maybe it's setting boundaries around your work hours so you can prioritize rest. Perhaps it's incorporating a five-minute breathing exercise into your morning routine. Or it could be as simple as taking a mindful walk in nature once a week.

Remember, this isn't about adding more to your already full plate. It's about making intentional choices that serve you and your bigger vision. It's about creating space for what truly matters and letting go of what doesn't.

As we move into this season of reflection and renewal, I invite you to join me in this exploration. Let's redefine what health and mindfulness mean for us. Let's challenge the notion that we have to sacrifice our well-being on the altar of success. And let's support each other in creating businesses – and lives – that are not just profitable, but truly fulfilling.

Remember, you've got this. And more importantly, we've got each other.

xo, *AliceAnne*

Leading Lady Ambassador Spotlight



Julie Blamphin

A speaker known for “yoga in real life,” Julie Blamphin is inspiring women to feel joyful, stable, and sexy through quick and

simple wellness wins. Julie’s career path began in 1980 in her mother’s school of gymnastics, teaching stretches and strength poses to kids in the Special Olympics. Currently a yoga pro, speaker, author, retreat leader, and the founder of Stretch Your Spirit, Julie’s most recent speaking gigs include The Leading Lady Podcast, The Dr. Kinney Show, Midlife Rise and Thrive, the 2023 and 2024 WE LEAD Women’s Conference, Embody Your Body, and a long list of top podcasts and YouTube channels. She’s co-author of *We Lead: Building Connection, Community, and Collaboration for Women in Business* (Volumes 1 and 2); *Hot Mess to Hot Mom: Transformational Tools for Thriving After Childbirth and Beyond*; *How To Be Brave: Self-Healing Tools for Love Warriors*; and a contributing writer for AARP The Ethel, LIVESTRONG Magazine, Baltimore Banner, and Pelvic Health Support Canada. Julie’s obsessed with cartwheels and alone time and can whistle like a champ. To grab her free video: Top 3 Tips for Yoga in Real Life, visit <http://www.stretchyourspirit.com/top3tips>



What are some unconventional or overlooked practices that contribute to overall health and well-being?

As a kid in the 1970s, my world was so health-focused. From playing barefoot in the grass, eating berries from the vine, to connecting with so many like-minded others in my mom’s school of gymnastics... thus began my life journey. Health has always been tip top of my priority list.

I truly believe redefining my needs along the way is my most important practice. Yet in all honesty, I feel like a hot mess most days! That being said, the practices that keep me calm and content are mindset shift, my secret smile, intentional rest, moving with my breath, and retreating. (For more on this, make sure to read my chapter in *We Lead: Building Connection, Community, and Collaboration for Women in Business*, Volume Two)

Contact Julie:

Website: www.StretchYourSpirit.com



Jenn Bonk

Jennifer Bonk, a dedicated Anne Arundel County resident, brings over 15 years of experience in investment real

estate, offering her clients a wealth of market knowledge. Specializing in buyer representation and property sales, Jenn understands the complexities of real estate transactions and is committed to providing personalized service and professional guidance. Her approach ensures smooth and successful transactions, backed by a team of experts. Known for her integrity, Jenn has strong working relationships with local estate and divorce attorneys, assisting clients through life’s transitions. Beyond real estate, Jenn is passionate about giving back to her community, engaging in fundraising efforts and supporting local small businesses.

How does mindfulness influence your relationships, both personal and professional?

Over the past few months, I have really been working on mindfulness. Both personally and professionally, paying attention to other people’s mood, tone and responses is very telling. It has allowed me to stop and assess the situation to best judge my response or reaction appropriately. I am focused on slowing myself down and really thinking about what is best for me and those around me. This is a skill I am just in the beginning stages of learning and will continue to work towards mastering.

Contact Jenn:

Website: www.cummingsrealtors.com/jenn-bonk



CUMMINGS & Co.
REALTORS

“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are.” – Brené Brown



Leading Lady Ambassador Spotlight



Michelle Briggs

Michelle Briggs is a psychiatric, mental health nurse practitioner and cannabis nurse.

She is a business owner of Code Green

Healthcare, Michelle Briggs Integrative Psychiatry, Code Green West/Magic Meadows, and John Bahel Marina. Michelle is a compassionate healer and

enjoys time spent with family and friends. She has twin sons and a golden doodle "Jake".



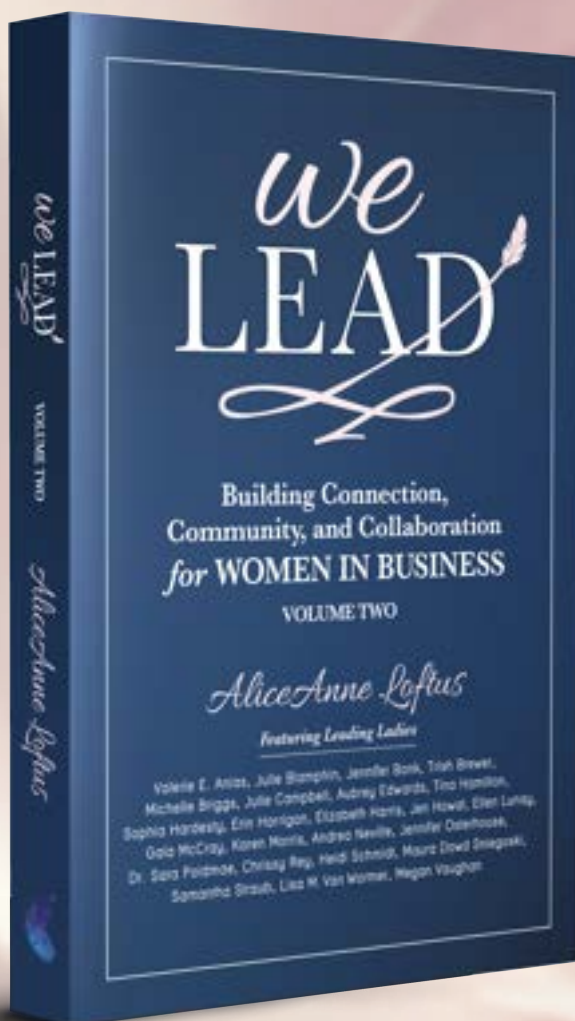
Contact Michelle:

Website: www.codegreenhealthcare.com



“When we’re deeply connected to what truly matters to us, it becomes easier to align our decisions and actions with our authentic selves rather than the unrealistic standards of perfectionism.”

- AliceAnne Loftus



Expected Publication:
November 2024!

Get ready to
celebrate the release of
**We Lead: Building
Connection, Community,
and Collaboration for
WOMEN IN BUSINESS,
Volume Two**
with us!

Book launch party coming
NOVEMBER 2024!
Stay tuned for details!



Leading Lady Collective Member Spotlight



Jane Abraham

My daughter, Betsy, and I own three Scout & Molly's Boutiques - Annapolis Town Center in Maryland and Mosaic District & Reston Town

Center in Virginia. Our stores are part of a franchise that allows its owners to curate their own collections, so we are able to match the vendors and designs we bring into our stores to our customers. Thus, you will find unique items in all of our stores including a blend of trendy clothes for a casual outing, your workday and special occasions along with lots of fun accessories and gift ideas!

Before Betsy and I started this adventure, I enjoyed a career in the private sector offering consulting services to small and medium sized companies. I also devoted a lot of my time to health, educational, cultural and social service boards. Most recently I chaired the Congressional Commission to determine if the country needed an American Women's History Museum. The answer was YES. The Smithsonian American Women's

History Museum was authorized by Congress in 2020 and I serve as it's Co-Chairman. Additionally, I serve as the Co-Chairman for The Smithsonian Campaign for Our Shared Future.



What advice would you have for a fellow entrepreneur about mindfulness? Or, what would you like to contribute to the conversation about the theme of the month?

To be a successful business owner it is important to be present and engaged regardless of all of the balls being juggled. This often takes real intention and practice. My customers deserve ALL OF ME when they walk through my door, not a portion because I'm worried about what is happening behind the scenes or in my personal life.

Contact Jane:

Website: www.reston.scoutandmollys.com



Trish Brewer

Trish Brewer is a certified trauma-informed Breathwork Coach, Reiki Master Teacher, and Intuitive Guide who'll be your

guide back to your whole self. Whether you're overwhelmed, unable to cope with life's challenges, or find yourself in a period of transition, she's there to create a nurturing and compassionate space to begin healing. She believes when we allow ourselves to be supported, we expedite our healing and self-discovery. Her sessions are sensitively designed to anticipate the messy and unexpected aspects of the healing process, acknowledging both the light and the dark and witnessing the beauty along the way. Trish earned her Breath Coach Certification from Yoga Teachers College, studied under David Elliot, a Breathwork pioneer, received her Usui Reiki training through Divine Tri Source, completed her trauma training with the NARM Training Institute, and continues her work today with Gwen Dittmar. She sees herself as a lifelong student.

How can mindfulness be integrated into a busy workday or a hectic lifestyle?

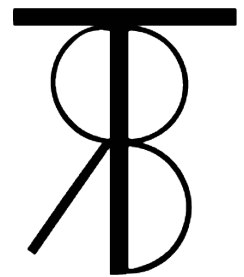
Start by bringing awareness to your breath. Notice if you're holding it or breathing shallowly

throughout the day. A single intentional breath can ground you, helping you reconnect to your purpose and navigate stress or doubt. To easily integrate mindfulness into a busy schedule, I recommend a simple 15-minute daily breath practice, broken into three parts. In the morning, spend five minutes with an energizing breath, like breath of fire or bellows breath.

These techniques activate the sympathetic nervous system and get you ready for the day. Around midday, especially during that afternoon slump, practice a 4:4 balanced breath or alternate nostril breathing for five minutes. This will help you regain focus and calm. Before bed, spend five minutes with a calming 4:8 breath, where you double your exhale. This helps slow down the nervous system and prepares you for restful sleep. These quick, targeted practices fit seamlessly into a hectic day, allowing you to cultivate mindfulness and clarity without overwhelming your schedule.

Contact Trish:

Website: www.trishbrewer.com



“We need to do a better job of putting ourselves higher on our own ‘to-do’ list.” - Michelle Obama



Leading Lady Collective Member Spotlight



Laura Di Franco

Laura Di Franco is the CEO of Brave Healer Productions an award-winning publisher

for holistic health and wellness professionals.

She spent 30 years in holistic physical therapy, is a third-degree black belt, and has authored 13 books. Her company has published over 80 Amazon bestselling books with a global community of over 2000 authors who are waking the world up to what's possible for healing, one brave word at a time.

What advice would you have for a fellow entrepreneur about bodyfulness?

I changed 'mindfulness' to 'bodyfulness' to help people understand the magic of learning the language of their intuition or higher self. Listening to the messages being communicated through my body has drastically changed my life. Mastering body awareness at the highest level, means you practice noticing sensations, thoughts, habits, and behaviors.

With awareness, you have a powerful choice and can create the life you dream of. I want more joy, abundance, peace, and love in my life.

When I feel the opposite, it's a cue for me to pause, breathe, and shift the thought, energy, and intention.



A great exercise to help with this practice is creating a list that describes what a "Yes!" and a "No!" feel like in the body. This discernment is crucial. The "Yes!" events feel light, free, strong, warm, and my posture is tall. I'm usually smiling. The "No!" events feel tight, constricting, cold, weak, and usually my posture is more shriveled. I'm definitely not smiling. When my mind is full, I clear it, take a deep breath, and feel my way to the clarity I seek. My life and publishing empire were built on this kind of awareness. Words create. That's a powerful tool.

Contact Laura:

Website: www.BraveHealer.com



Jessica Enfinger

I've been in the mortgage business for over 15 years, helping over 2,000

clients achieve the best financing on their home

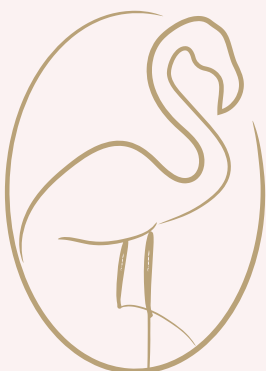
loans. I'm proud that a large part of my business comes from previous borrowers and their friends. I enjoy building lasting connections with my customers and stay in contact with many after closing. Whether you're buying your first home or fifth, closing your loan is only the beginning of our relationship. I grew up in a Navy family, with my father serving in Vietnam on the USS Midway. I live in Maryland near Joint Base Andrews, PAX River Naval Station, and Indian Head Naval Station. My experience with Veterans and the Military has led to a network of incredible



relationships with in the Military Community. Through partnerships with personnel and affiliate partners, I provide financial education on VA loan benefits. Please ask me about my Veteran and Union discount programs – it's my mission to help you save. My team and I also specialize in helping first-time homebuyers. If you're not ready to purchase a home now, we'll stay with you throughout the financing process and provide the tools to get you there. I'm even available after hours via cell or email to answer your questions and guide you. No matter your goals, circumstances, or financial situation, I'm dedicated to getting it done.

Contact Jessica:

Website: www.crosscountrymortgage.com/the-powerhouse-team/



Flamingo Fact #104: Personal Wellness

Flamingos engage in hours of meticulous preening each day to maintain the health and waterproofing of their feathers, allowing them to thrive in their environment.

Dedicating time each day to your own self-care helps maintain your efficiency, mental health, and well-being.



Leading Lady Collective Member Spotlight



Shelly Schoff

How does mindfulness influence your relationships, both personal and professional?

One of the ways we practice mindfulness in our residential cleaning business is to always consider the impact our decisions will have on our clients and our employees. Consistency is critically important to both our clients and our staff. Our daily operations can become hectic and chaotic with last-minute client cancellations and employee callouts. This sometimes puts us in a position to feel pressure to make quick, reactive decisions that could potentially cause frustration for clients or field staff. When last-minute schedule changes come up, we encourage our office staff to take a moment to be completely present and carefully think through the impact the schedule changes they are considering will have on both the client and the crew. For example, if a client prefers a particular cleaning crew and that crew lead calls out for the day we immediately reach out to the client giving them an opportunity to approve a new crew for the day or opt to reschedule their assignment for another time when their preferred crew can be available. This ensures our client is not blindsided by

an unfamiliar crew showing up in their home. We are grateful our clients entrust us to enter the most intimate spaces of their home and we want to always

respect that privilege by giving them the final decision about who enters their home. Similarly, if a client cancels last minute and we need to send staff to a different location to clean, we want to give careful consideration to the new location. An employee originally scheduled to work 15 minutes from home who suddenly receives notice telling them they have been reassigned to a cleaning across town, with a drive that will take closer to 45 minutes, is likely to be frustrated with the office and stressed about arriving at the new assignment late. By simply taking a little extra time in our decision-making process and becoming more mindful of the impact the changes we make will have, we can make better decisions that reduce stress and frustration and create a more harmonious work environment.



Contact Shelly:

Website: www.crabtowncleaning.com



Megan Vaughan

What does "health" mean to you, and how has your definition of health evolved over the years?

For me, health is all about balance and finding the way to feel good about yourself. As I've gotten older and learned more about myself, I've found that my thoughts on health have changed dramatically

from being primarily physical and appearance based to being much more emotionally driven. This has been refreshing and far more appropriate given what I believe is important in life.



Contact Megan:

Website: www.vaughancheese.com



Leading Lady Podcast Episodes

Explore the power of reflection, boundaries and self-care with AliceAnne

- Abundance Mindset: There's Enough Room for All of Us
- How to Break the Toxic Cycle of Comparison, Negative Self-Talk, and Perfectionism
- Self-Care Isn't Selfish, It's an Act of Bravery





October 17th and 18th
9am - 4pm
The Collective
2158 Renard Court, Annapolis, MD 21401

We're so excited to host the WE LEAD Community Business Event. Join us for a Leadership and Business Intensive and hear from expert professionals on how YOU can show up as the **Woman Empowered** in your business, organization, community and LIFE!

The WE LEAD event is a two-day intensive to set focus and intention to educate, inspire and ignite. Each day will provide real life tools, skills and strategies that you can immediately implement to **LEAD**, **ENGAGE**, take **ACTION** and **DELIVER**.

We will discuss Well-Being (Physical, Emotional and Spiritual), Marketing and Sales, Leadership, Community and Collaboration.

**\$150 for both days or
\$80 for one day**

Ticket purchase includes lunch & exclusive event gift.

Join Us for This Empowering Event!
Scan the QR code to get your tickets today.



Leading Lady Ambassadors are women entrepreneurs who I have personally worked with and are committed to the highest standards to best support other Leading Ladies.

I'm a firm believer that when you surround yourself with great people, and you work together to make a difference, incredible things happen.

I'd love for you to come here first when you're looking to hire someone because each and every one of these ladies is a true expert in their field, and I can vouch for that personally. —AliceAnne Loftus

[Download the 2024 Leading Lady Ambassador Magazine Today!](#)





Leading Lady Collective Events

Collective Member Events:

October 4, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

October 11, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

October 17 & 18, 2024

We Lead Symposium
Hosted by AliceAnne Loftus
The Collective 9:00AM - 4:00PM

October 23, 2024

Quarterly Leading Lady
Networking Open House
Hosted by AliceAnne Loftus,
Guest Speakers Lisa Van
Wormer & Jenn Bonk
The Collective 11:00AM - 1:00PM

October 25, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

November 1, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

November 5, 2024

Leading Lady In-Person
Monthly Book Club
6:00 - 9:00PM

November 8, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

November 13, 2024

Collective Writing Group
11:00AM - 1:00PM

November 15, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

November 22, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

November 29, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

December 3, 2024

Leading Lady In-Person
Monthly Book Club
6:00 - 9:00PM

December 6, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

December 11, 2024

Collective Writing Group
11:00AM - 1:00PM

December 13, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

December 19, 2024

2024 Holiday Flamingle
6:00 - 8:00PM

Learn more and register [here](#)

December 20, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM

December 27, 2024

Collective Community Hours
Members co-working time
8:30 - 10:30AM



Upcoming Member-Hosted Events:

October 2, 2024

Yoga in Real Life with
Julie Blamphin
The Collective 9:00 - 10:00AM
Learn more and register [here](#)

October 3, 2024

Perfect Pairings
See ad on page 10 to learn
more and purchase tickets

October 7, 2024

Monday Morning
Breakthroughs
Hosted by Laura Di Franco
Virtual 10:00 - 11:15AM EST
Learn more [here](#)

October 9, 2024

How to Get Your Inner
Critic to Take a Hike
Hosted by Maria Winters,
Special Guest Gina Webbert
The Collective 6:30 - 8:30PM
Learn more and register [here](#)

October 10, 2024

From Dread to Drive:
Performance Reviews
Hosted by Susan Mahaffee
The Collective 9:30 - 11:30AM
Learn more and register [here](#)

October 10, 2024

The Brave Healer
Networking Power Hour
Hosted by Laura Di Franco
Virtual 11:30AM - 12:30PM
Learn more and register [here](#)

October 12, 2024

Monday Morning Breakthroughs
Virtual 10:00 - 11:15AM EST
Hosted by Laura Di Franco
Learn more [here](#)

October 12, 2024

Regenerative Breathwork
on the Farm
Hosted by Trish Brewer
10:00 - 11:30AM
Honey's Farmhouse Retreat
Learn more and register [here](#)

October 12, 2024

Wine & Cheese Pairing
Hosted by Megan Vaughan
4:00 - 6:00PM
McLean, VA
Purchase tickets [here](#)

October 15, 2024

SEO Quickstart Workshop
Hosted by Chrissy Rey
Virtual 12:00 - 1:30PM
Learn more and register [here](#)

October 15, 2024

Zumba & the Mind
Hosted by Maria Winters,
Special Guest Diana Bobrow
The Collective 6:30 - 7:30PM
Learn more and register [here](#)

October 16, 2024

Preparing Your Team for
Performance Management
Hosted by Susan Mahaffee
Virtual 10:00AM - 12:00PM
Learn more and register [here](#)

October 17 & 18, 2024

Women's Empowerment
Happy Hour
Hosted by Jane Abraham
4:30 - 7:00PM
See ad on page 10

October 20, 2024

Embracing the Shadow
Breathwork Circle
Hosted by Trish Brewer
Annapolis Crystals 5:00 - 6:30PM
Learn more and register [here](#)

October 20, 2024

Trunk or Treat
Hosted by Jenn Bonk
5:00 - 7:00PM
See ad on page 10

Events current as of print. Please check for updates on [digital calendar](#).



Leading Lady Collective Events



Upcoming Member-Hosted Events:

October 21, 2024

Monday Morning Breakthroughs
Hosted by Laura Di Franco
Virtual 10:00 - 11:15AM EST
Learn more [here](#)

October 21, 2024

Hidden Ways Trauma Shows Up
Hosted by Maria Winters,
Special Guest Laura Reagan
The Collective 6:30 - 8:00PM
Learn more and register [here](#)

October 23, 2024

The Brave Healer
Networking Power Hour
Hosted by Laura Di Franco
Virtual 10:00AM - 11:00AM
Learn more and register [here](#)

October 23, 2024

Nurturing Girls Monthly
Mom Meeting
Hosted by Kim Palmiotto,
Special Guest Elizabeth Harris
The Collective 6:00 - 7:30PM
Topic: Eating + Body Issues in
Teens
Learn more and register [here](#)

October 24, 2024

Decorating Your Home
for the Holidays
Hosted by Jenn Bonk
The Collective 6:00 - 8:00PM
Learn more and register [here](#)

October 25, 2024

Dance Party
Hosted by Julie Blamphin &
Tara De Leon
The Collective 7:00 - 9:30PM
Learn more and register [here](#)

October 27, 2024

Embodied Wisdom
Meditation Circle
Hosted by Tina Hamilton
The Collective 8:30 - 10:00AM
Learn more and register [here](#)

November 3, 2024

Less Alcohol, More Yoga
Hosted by Julie Blamphin &
Maureen Benkovich
The Collective 10:00AM - 12:00PM
Learn more and register [here](#)

November 5, 2024

Scout & Molly's
Pre-Black Friday Pop-Up
Hosted by Jane Abraham
The Collective 11:00AM - 1:00PM

November 6, 2024

Yoga in Real Life with
Julie Blamphin
The Collective 9:00 - 10:00AM
Learn more and register [here](#)

November 6, 2024

Nurturing Girls Monthly
Mom Meeting
Hosted by Kim Palmiotto,
Special Guest Dr. Sara Poldmae
The Collective 6:00 - 7:30PM
Topic: Managing Overlap
Between Puberty + Menopause
Learn more and register [here](#)

November 9, 2024

How to Practice
Empathetic Listening
Hosted by Maria Winters
The Collective 9:00 - 11:00AM
Learn more and register [here](#)

November 9, 2024

Regenerative Breathwork
on the Farm
Hosted by Trish Brewer
10:00 - 11:30AM
Honey's Farmhouse Retreat
Learn more and register [here](#)

November 14, 2024

Strategies to Support Caregivers
Hosted by Maria Winters,
Special Guest Lauren Jenkins
The Collective 6:30 - 8:00PM
Learn more and register [here](#)

November 15, 2024

Full-Moon Yoga & Intuitive
Messages
Hosted by Julie Blamphin &
Christalene
The Collective 7:00 - 9:30PM
Learn more and register [here](#)

November 17, 2024

Harvesting Wisdom
Breathwork Circle
Hosted by Trish Brewer
Annapolis Crystals 5:00 - 6:30PM
Learn more and register [here](#)

November 21, 2024

Preventing Holiday Burnout
Hosted by Sara Poldmae
The Collective 6:00 - 8:00PM
Learn more and register [here](#)

November 24, 2024

Embodied Wisdom
Meditation Circle
Hosted by Tina Hamilton
The Collective 8:30 - 10:00AM
Learn more and register [here](#)

December 3, 2024

Scout & Molly's Holiday
Gift Collection Pop-Up
Hosted by Jane Abraham
The Collective 11:00AM - 1:00PM

December 4, 2024

Yoga in Real Life with
Julie Blamphin
The Collective 9:00 - 10:00AM
Learn more and register [here](#)

December 4 - 6, 2024

Website Quickstart Challenge
Hosted by Chrissy Rey - Virtual
Learn more and register [here](#)

December 5, 2024

The ABC's of Emotional Wellness
Hosted by Maria Winters
The Collective 6:30 - 8:00PM
Learn more and register [here](#)

December 7, 2024

Photo with Santa
Hosted by Jenn Bonk
1:00 - 3:00PM
8638 Veterans Hwy, Millersville

December 12, 2024

Nurturing Girls Monthly
Mom Meeting
Hosted by Kim Palmiotto
The Collective 6:00 - 7:30PM
Topic: Navigating Communication
with Your Teen Daughter
Learn more and register [here](#)

December 14, 2024

Building a Supportive Community
Hosted by Maria Winters
The Collective 9:00 - 11:00AM
Learn more and register [here](#)

December 14 & 17, 2024

Build Your Website in a Day
Hosted by Chrissy Rey
Virtual 10:00AM - 4:00PM
Learn more and register [here](#)

December 14, 2024

Regenerative Breathwork
on the Farm
Hosted by Trish Brewer
10:00 - 11:30AM
Honey's Farmhouse Retreat
Learn more and register [here](#)

December 29, 2024

Embodied Wisdom
Meditation Circle
Hosted by Tina Hamilton
The Collective 8:30 - 10:00AM
Learn more and register [here](#)

Events current as of print. Please check for updates on [digital calendar](#).

TICKETS NOW ON SALE!
OCTOBER 3 / 7 PM
VIRTUAL & IN PERSON
MULTIPLE TICKET OPTIONS
AVAILABLE!

YOU'RE INVITED TO

Perfect Pairings

wine, cheese, & you

An evening of connection and community. Join us for an education in wine and cheese pairing. Your ticket includes an hour-and-a-half curated class - complete with tasting!

Funds raised will go directly to scholarship funding for community leaders. Elevate your knowledge and palate while supporting community leaders in discovering the perfect pairing of Leadership and Virtues.

HOSTED BY
SEVERN LEADERSHIP GROUP
FEATURING VAUGHAN CHEESE

SCAN FOR MORE
INFO & TO
PURCHASE TICKETS




Come Join Us for Scout & Molly's Boutique Happy Hour!

Thursday, Oct 17 & 18, 4:30-7 pm



Women's Empowerment Happy Hour

Celebrating women in our mother-daughter owned boutique in Annapolis Town Center!

SCOUT & MOLLY'SSM
BOUTIQUE

1910 Towne Centre Blvd. #115, Annapolis Town Center



TRUNK OR TREAT

Jenn Bonk of Cummings & Co Realty
and First Home Mortgage - Millersville



Join us for a spook-tacular evening of fun and trick-or-treating!

Date: October 20th

Time: 5pm - 7pm

Where: 8638 Veterans Hwy
Millersville, MD 21108



Sponsored Non-Profit

Caring Cupboard
Accepting cash donations,
non-perishables, and sanitary care.

Bring your little ghosts and goblins to our Trunk or Treat event!

- Trick-or-treat from trunk to trunk in a safe and fun environment
- Meet local businesses and community organizations

FREE and open to the public!

We're grateful to our trunk sponsors who make this event possible!
Mark your calendars and join us for a howling good time!

