

**A Note From the
Pastor’s Corner:**

Exodus 20:8-11 (NIV)

Remember the Sabbath day by keeping it holy. Six days you shall labor & do all of your work, but the 7th day is a sabbath to the Lord your God. On it, you shall do no work.

-Pastor Jesse Curney, III

**A Note From the
Doctor’s Corner:**

"The Month of June is
Scleroderma Awareness
Month"

Scleroderma is a group of rare diseases that more often affects women. It commonly occurs between the ages of 30-50.

Symptoms includes tightening of the skin, joint pain, exaggerated response to cold (Raynaud’s Disease), & heartburn. Treatments include medication, physical therapy, & surgery.

~With Your Health In Mind~
Dr. Donald Hanchett

Good Day Fellow Sisters of Ladies in Stride, Incorporated!!!

“Welcome” to all of our New Members/Sisters of Ladies in Stride, Inc. 😊
& “Happy Birthday” to all of our “**June**” Birthday Sisters!!!

****Our Next Exercise For The Month of July:**

**Its Time Once again For A “Simple Core Workout” ~ “Are You Ready Ladies 😊
See Details on Page 5**



****2021 Virtual Retreat Photos are on Page 7 ****

Our 2021 Virtual Retreat was Awesome! It was all about how to achieve PEACE, LOVE & HAPPINESS in our Minds, Bodies, Souls, Relationships & Finances!! It was truly a Blessing! Thank you so much to everyone that tuned in to participate!! Our Distinguished Speakers did a Phenomenal Job!! Dr. Hanchett spoke on Mental, Physical & Emotional Burnout, First Lady Aleana Curney spoke on Relaxation & Stress Reduction in our Spiritual Lives & Mr. Ron White spoke on ways to reduced stress within our Financial Lives. With all these areas of our lives in check, we can experience true Peace, Love & Happiness! ~ 😊 Hopefully everyone was able to take away some tips to help move a little closer to a life of Peace, Love & Happiness!

“Thank You”



Dr. Donald Hanchett, First Lady Aleana Curney & Mr. Ron White



A Recipe From The Chef's Corner:

Lighter Than Usual
Milkshakes
(A Recipe for 3-4)

- *2 cups ice cream (Real ice cream please)
- *1-pint fresh strawberries stemmed & sliced
- *2 bananas peeled & chopped
- *¾ to 1 cup skim milk

Place all of the ingredients into a blender & pulse until mixture is smooth. Add more milk as desired to achieve proper consistency.

Note: Any fruit may be added as desired to make the Light Milk Shakes

ENJOY!
Chef Joe Engelbird

♥ A Note From Our Founder: ♥

“Keeping It Moving”
Total Health: “Mind, Body & Soul”

Greetings My Fellow Sisters of Ladies in Stride, Inc!
What A Month!! The Month of June was filled with so many wonderful things!! Our 9th Total Health & Wellness Virtual Retreat, Graduations, Father's Day, Weddings, Birthdays & More! It was truly a Blessing for our L.I.S Family! Thank you to everyone for my Beautiful Roses, Cards & Gifts during our Virtual Retreat!!

♥ **You All Are The BEST!** ♥

As we look forward into July, let's prepare our Hearts & Minds for Spiritual Growth as we continue to make Strides toward our Total Health. We must never allow ourselves to take our Health or Spiritual Walk with God for granted. It takes Daily Exercises to keep these areas strong. Please make it a priority in your lives.

Ladies, please allow me to reiterate how important your Health & Safety is to me. PLEASE get vaccinated. Your Health & the Health of the people in your circle may depend on it. I am fully vaccinated. It may not mean much, BUT I Strongly recommend it. If we are all FULLY VACCINATED before our 10th Miami Beach Retreat in June 2022, we will be able to embrace each other and enjoy each other's company without the concerns of Covid within our group. Doesn't that sound wonderful sisters? ☺

With that being said, Please mark your calendars for our 10th Total Health & Wellness Retreat scheduled for June 2nd – 5th 2022 at the Ritz Carlton Bal Harbor in Miami Florida.

***Registration Will Reopen Soon ***

PLEASE Continue To Stay Safe! Wear your Masks, Wash Your Hands Frequently & Keep Your Distance From Others. Please Pray & Get The COVID Vaccine If Lead To Do So.

**** Thank you for being a part of this AWESOME MOVEMENT called Ladies In Stride, Inc!!****

♥ Love & Blessings ♥

Geonice

Our Next Nat'l Sisterhood Call will be on Tuesday July 6th @ 9pmEST

Topic: “Spiritual Growth, Prayer & Bible Study”

~We will have an Awesome Distinguished Speaker for the Evening~

Please chime in & listen in to be Blessed & Enriched! Your Sisterly Support Is Needed & Greatly Appreciated*

Ladies In Stride, Inc. National Book Club **Book Club Members Only**

Our next Book Club Conference Call is scheduled for Tuesday July 20th 2021 @ 9pmEST.

We will be discussing Chapters 14 -31(This is our 26th book & it's entitled “JEZEBEL” by Jacquelin

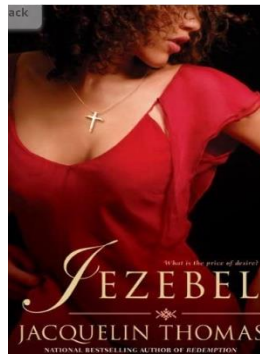
Thomas~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pmEST)~

☺NEW BOOK CLUB MEMBERS ARE WELCOME!☺

**** Many Thanks to our Book Club Captains; Pamela Varnado (Atlanta Home Team) & Tomika Booker (Kansas City Missouri Team)**

Our Nat'l Conference Call & Book Club Dial In Number is: 515.604.9607 Access Code: 211864#

If you have a problem calling in, please try dialing this “Back up” number first (720.477.5046), then enter the original conference call number when prompted.



MAKE TIME FOR YOU!



YOUR'E Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness

☺ L.I.S. ☺

Health & Beauty Tip

Quick Ways To Reduce Stress

Stress Management Is A MUST!

1. Practice Deep Breathing
2. Listen To Music
3. Take A Quick Walk
4. Find The Sun
5. Give Yourself A Hand Massage
6. Stretch
7. Rub Your Feet Over A Golf Ball
8. Squeeze A Stress Ball
9. Laugh
10. Meditate & Pray

University of Colorado
Boulder

☺ Staying Naturally
Healthy & Beautiful ☺
Mind, Body & Soul






****Things To Remember****



**** (FYI: Our Miami Beach Total Health & Wellness Retreat Is Scheduled For June 2022: We Are Asking All Attendees To Pls Get Fully Vaccinated** (Your Health Is Our 1st Priority) New Date: June 2nd-5th 2022 (Thursday-Sunday)**

- 1) Please keep your L.I.S. Sisters lifted in prayer on a daily bases. Contact your L.I.S. Accountability Partner on a regular bases. Thanks for encouraging your fellow sisters & young sisters of L.I.S.! Please email us if you do not have a L.I.S. Accountability Partner
** Ladies, Please invite a friend to join L.I.S. in another state soon. Ask them to put Your name on their membership form when asked "How Did They Hear About L.I.S." Help L.I.S. to connect Hearts with new ladies. With your help, L.I.S. will connect hearts in all 50 states, and beyond. Together we can create a healthier world one lady at a time!! Thank you for helping to grow our sisterhood!
- 2) Please Participate in our Monthly Nat'l Sisterhood Conference Calls!! ☺ **CONFERENCE CALL NUMBER: 515.604.9607 ACCESS CODE: 211864#**
*Nat'l Sisterhood Conference Calls are held on the 1st TUESDAY of Every Month at 9:00pm EST. (Unless rescheduled due to a holiday or other important reasons)
This call is open to ALL L.I.S. members everywhere. "Members Only" Please~ This call has been put in place so that all members can receive information concerning our focus of the month, & stay in touch with their sisters across the U.S.
Please call in each month to say "Hello" to your sisters & get updated☺
- 3) **Great Facebook Participation!!** ☺** Thank you ladies for posting in our Facebook "Group". If you are not in our Facebook Group, please send a friend request to "Ladies in Stride~ Keeping It Moving" & one of our fb administrators will add you to our group. Thank you! Our fb page/group is now public. We enjoy hearing from each of you in our Facebook Group, so please post more often ladies!! ☺ Thanks!!
- 4) *Please remember to check your L.I.S. emails, Text Messages and our L.I.S. Website for upcoming Events & Activities. New Committees are being forms. Please consider joining a committee. Let us know if you are willing to work on our Youth Committee by emailing us at ladiesinstride@gmail.com
- 5) ****Please take time to memorize our "L.I.S. Sisterhood Covenant"- (To the left of this Page)****
- 6) Try our Delicious Recipes by our L.I.S. Chef: Chef Joe!!! Posted on the left side of each newsletter (A Recipe from the Chef's Corner). If you are in the Atlanta area, try to attend some of Chef Joe's FREE Healthy Cooking Classes offered by Kaiser Permanente. A text message will be sent out from time to time.
- 7) Congratulations to all of our L.I.S. Captains/Teams that have regularly scheduled Monthly sessions!! Keep up the good work! You are a blessing to others and yourself!!
- 8) **A Special "Thank you" to our Retreat Committee & all Board Members, Advisory Board Members & other Committee Members: Prayer Warriors, Founder's Day Committee, Planning Committee, Book Club Captains, Care Team, Y.L.I.S. Committee, Team Captains/Co-Captains & I.I.S. Distinguished Speakers!!**
- 9) **Keep Walking~ "Walking Women of L.I.S.!!" And Post Your Steps** ☺ 
- 10) Y.L.I.S. Conference Call is Sunday July 18th @ 8pmEST~ (Every 3rd Sunday at 8pmEST)
* If anyone is aware of a Virtual Event in your area that goes along with our L.I.S. Monthly Focus for the current Month, Please email it to us at: www.ladiesinstride.com

L.I.S. **Sisterhood** **Covenant**

As a Lady in Stride,

I, _____
commit myself to taking better care of MYSELF.
I am committed to praying for my fellow sisters of Ladies in Stride, our organization and the world around me. I will "Keep it Moving" toward a more healthy and balanced life.

L.I.S. Vision & Mission

ladies live Healthier, Happier & Longer lives as they reach their full potential in Christ.

Our Mission Statement:

Our mission is to help all ladies live healthy, balanced lifestyles using an holistic approach. We will offer ways to Reduce Stress, while helping to nurture growth & development: Physically, Spiritually, Mentally, Emotionally, Financially

L.I.S. COVID REMINDER ~ DON'T LET YOUR GUARD DOWN YET

****PLEASE GET VACCINATED LADIES****

MASK



If you are attending a small gathering or event, protect yourself and others from getting infected with COVID-19

ALWAYS COMPLY WITH THE FOLLOWING 3 BASIC MEASURES...

MAINTAIN AT LEAST 1 METRE DISTANCE FROM OTHERS

CLEAN YOUR HANDS FREQUENTLY

COVER A SNEEZE OR COUGH WITH A TISSUE OR BENT ELBOW, AND IMMEDIATELY DISPOSE OF TISSUE IN A CLOSED-LID BIN. AVOID TOUCHING EYES, NOSE AND MOUTH.

World Health Organization

SOCIAL DISTANCING



HAND WASHING



♥ **L.I.S. June “Spotlight Sister”** ♥
CONGRATULATIONS Mrs. Sharon Prestegaard!!

Our June “Spotlight Sister” is Mrs. Sharon Prestegaard of our L.I.S. Tampa Team!

♥ Congratulations "Mrs. Sharon Prestegaard"!!! Mrs. Prestegaard is a Retired Speech Pathologist. She is a graduate of Alabama A & M University with a Masters in Science-Speech Language Pathology. Mrs. Prestegaard worked as a Speech Pathologist for 25 years.

Mrs. Prestegaard is a devoted wife and loving mother of 1 daughter, Mrs. Ingrid Royster who is also a member of Ladies in Stride, Inc. She’s the loving grandmother of 3: Nick, Emily & Ashley; and 3 bonus grandchildren: Zainab, Samantha & Yasmeen that all call her Grandma Sharon.

Mrs. Prestegaard is a dedicated member of Ladies in Stride Incorporated and serves as one of the Co-Captains of our Tampa Florida Chapter.

Pls help us say Congratulations to Mrs. Sharon Wells Prestegaard! Our June Spotlight Sister!!



We Love You Sharon!!



Congratulations to our Sweet L.I.S. Sister!



July will be L.I.S. “Simple Core Workout” Month
Exercises by Our L.I.S. Sister: Mrs. Vanessa Vaughters
(Personal Fitness Trainer)



Our Standard Weight Maintenance Tips

1. Stay Hydrated - Drink at least 64 ounces of water daily.
2. Try to get 8 hours of sleep each night.
3. Plan your meals each morning (or the evening before) so you know what you are going to eat for each meal before you get hungry. This will help you stay on track.
4. Include 5-9 servings of fruits and vegetables, especially green vegetables in your intake each day.
5. Keep a detailed food log of everything you eat so you are aware of your daily food intake.
6. Exercise at least 20 minutes per day



Attached is a “Simple Core” Workout for the Month of July

Look at this... 👁️👁️

It's time for another core workout!

<https://pin.it/5wz3UCE>



- * Oct. Exercise was Core/Abdominal Muscles (The Vacuum Exercise)
- * Nov. Exercise was Toning Arms
- * Dec. Exercise was Buttocks
- * Jan 2021~ Core Toning
- * Feb. Back Fat
- * March was Thigh Workouts
- * April was Back & Chest
- * May was a Thigh Exercise
- * June Shoulder Workout

**** Check out last month's e-newsletter for details**

L.I.S. Sponsors & Partners

Top Sponsors

~Tucker Kroger
~Geonice Unique Boutique
~Janel Gonzalez
~ Marilyn Harvey
~G.W. Jackson Family Park
~Southern Royalty Investment

L.I.S. Partners

~Tucker Habitat for Humanity
~Atlanta Regional Office:
U.S. Dept. of Health & Human Services

Important “New L.I.S. Website” Update Reminder!!

Greetings Ladies!! Thanks to Ms. Janice Flowers(Website Designer)....we are on our way to an update, new L.I.S. Website! Please be patient with us as we get each area of our new site up & running.

We will need each of you to do a couple of things in order to be able to utilize our L.I.S. **“Members Only”** Areas for Resources, Women’s Health Updates & Other Helpful Information. This will be information ONLY AVAILABLE to our L.I.S. Sisters & Not The Public Eye~ Because All Of You Are SO VERY SPECIAL To Us! 😊

**** Please got to www.ladiesinstride.com/login**

New User Names & Password were created for every member account.

To update & review your account, you will need to Login with NEW CREDENTIALS.

SAMPLE: Your Name: Jane Doe

Member Phone Number: 555. 123.4567 (YOU MUST USE THE NUMBER ON YOUR ORINGINAL L.I.S. APPLICATION WHEN YOU JOINED)

Your New Login Name Is: JaneD (Using Your Name)

Your New Login In Password Is: JaneD5551234567 (Using Your Phone Number)

**** Once you Login, immediately go to “My Profile” page & Change your password under “Settings”**

It must be 12-16 Characters, using Capital Letters, Numbers & Symbols in order to make it a STRONG password.

Once you’re logged in, Please review & update any information needed under the “My Profile ABOUT “ fields.

Please enter N/A in any unnecessary fields. All Fields must be completed. Click “EDIT PROFILE” to make changes & CLICK SAVE before leaving the page so that you don’t lose your information. **Please Make Sure That ALL Information Is Correct.**

Thanks So Much!!

**** If you can’t login after using these instructions, please reply back to this email with your FULL NAME, AND CURRENT CELL PHONE NUMBER for account verification.**



L.I.S. Congratulatory & 2021 Virtual Retreat Page



Mr. & Mrs. Kevin (Diamond Clarke) Hanchett

**Ms. Tamyia Woods
Donald Hanchett, II Memorial BMI Award**



**Ms. Alexis Griffin ~ High School Senior
Scholarship Recipient**

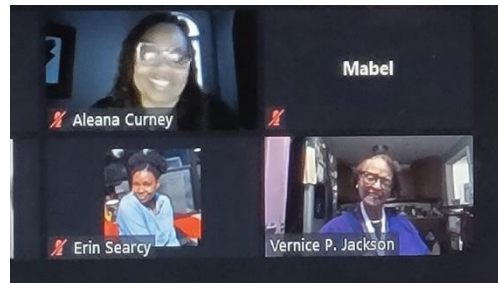
**Mrs. Vernice P. Jackson
"Most Mature Member"
91 years old 😊**



Ms. Lynn Strong ~ Youngest L.I.S.



**Mrs. Geonice Hanchett
L.I.S. Founder**



Mrs. Sharon Prestegaard ~ June Spotlight Sister



Ms. Panette Griffin ~ L.I.S. Vice President

