

OZIEL GRAND CHAPTER NEWSLETTER



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Welcome to the July Edition!

Greetings Sisters & Brothers, as we embrace the summer months, let's take a moment to prioritize our health and wellness. Our community thrives when we nurture our minds, bodies, and spirits. This month, we're excited to share inspiring stories, wellness tips, and a delicious recipe to keep you nourished and invigorated.



Spotlight on Wellness: Black Women in Health

From trailblazing doctors to passionate fitness enthusiasts, their work continues to inspire and uplift communities. Dr. Yvonne S. Thornton, a renowned obstetrician-gynecologist based in Teaneck, New Jersey, has dedicated her career to maternal-fetal health and holistic women's wellness. As both a medical pioneer and a powerful voice for equity in healthcare, Dr. Thornton's work bridges traditional medicine and community-based advocacy, reinforcing the critical role Black women play in shaping the future of health care.

Recipe: Green Smoothie

- 1 cup spinach (fresh or frozen)
- 1/2 banana
- 1/2 cup frozen pineapple or mango
- 1/2 cup almond milk (or any milk of choice)
- 1 tbsp chia seeds or flaxseeds (optional)
- Ice cubes (optional, for texture)
- Blend until smooth & enjoy!

Great for energy, digestion, and a morning reset.



Did You Know?

Did you know that laughter can significantly boost your immune system? Sis. Erika recently shared her journey of incorporating daily laughter into her life. After a challenging few months, she decided to watch a comedy special every evening. Not only did it uplift her spirits, but she also noticed improved mental clarity and reduced stress. Sis. Erika's story reminds us of the power of joy and its profound impact on our health.

We'd Love to Hear From You!

We invite you to share your stories, recipes, and wellness tips for future newsletters. Your contributions help us grow stronger together. Please send your submissions to Sis. Erika Bennett at healthfirst@ogcoespha.org Let's continue to support and inspire one another on this journey of health and wellness. Stay healthy and empowered!