



**A Personal Note from Single Steps Strategies Founder
Mary Grace Musuneggi**

Carpe Diem!! Seize the day...and be the best you can be.

Having been widowed at an early age, I learned the importance of “Carpe Diem”. This expression that means “seize the day”, challenges us to spend every day as though it were our last.

We need to take all the necessary steps to be the best person we can be—the best mother, spouse, friend, employee, business owner, community member, or whatever role in life we have chosen. And the best way to do this is to make taking care of ourselves a priority.

A healthier, happier you, is the best thing you can do for your family, your job, your community, even your bankbook. And although taking care of your physical self is a good place to start; it is important to take care of your mental health, too.

And do it now, so that all your days will be special days.

For May, June and July, *Single Steps Strategies* will be focusing on helping you be all you want to be. Look for upcoming workshops on improving your health, improving the way you look; on diet and exercise; self-defense and so much more.

And don't forget to add to your calendar, September 9, 2006 for our annual “Day of Empowerment” Expo. This will be a great time for you to personally meet all of our Resource Providers, who can share their knowledge to help you be your very best.

Thank you for joining us on your life's journey. We look forward to seeing you along the way.

Mary Grace Musuneggi

A handwritten signature in black ink, appearing to read "Mary Grace Musuneggi". The signature is fluid and cursive, with a large initial "M" and "G".

Founder and Executive Director

May/June 2006