

EVERYDAY FAVORS

Monthly Newsletter



November Recap

| Nov 5 | Nov 12 | Nov 19 | Nov 30 |
|---------------------------|----------------------------------|-------------------------|----------------------|
| Mil housing Spouse Brunch | Operation Homefront Thanksgiving | Thankful sign w/ MWR SD | Preschool field trip |

Hey yall, hope your holidays have been amazing so far. Lets be real, anytime with family and friends is time well spent. Especially when accompanied by the great food this time of the year brings. The month of November was big for Everyday Favors. From website updates to new collab opportunities to new business ventures. I am excited for you to take a look at all the changes here.

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November Blog post

- Journey of a Milspouse
- Making friends the military spouse way
- Journey of a Milspouse

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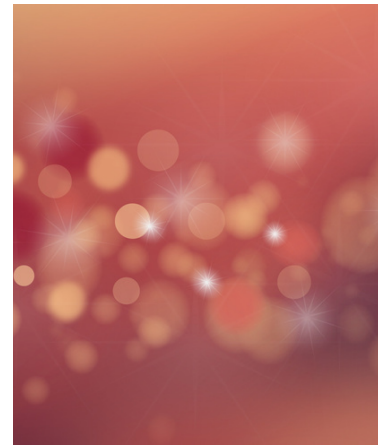


Defining Everyday Favors... Motherhood + Military Spouse Life + Birth Services

New in December

This month you can expect two more installments of the military spouse life blog post. One will highlight navigating this life as a significant other while other gives us a look into life as the wife of a marine. With the holiday in full gear the 3rd blog installment will be one focused on self care for the military spouse. Holidays as a military family can be stressful for multiple reasons which is why treating ourselves with self care is so important.

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So excited for what's to come. But still so thankful for all this year has brought to me through Everyday Favors. From the blog to starting a lactation business and expanding into baby wearing and prenatal education I look forward to finishing out this year strong and manifesting my dream to its fullest potential in the new year. Happy Holiday and I look forward to either working with you or hearing what topics you all would like to read about.

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