



Empowering Women
thru Motion



CELEBRATING
10 YEARS!

Our mission is to help women of all ages feel safe, seen, supported, and less alone on their journey.

It is to elevate and empower the voices of those who are moving humanity forward.

It's a mission we can all get behind, because it's about the larger "we," not about you or me.

empoweringwomenthruemotion.org

OUR IMPACT

1

**3 HABITAT FOR
HUMANITY
WOMEN'S BUILDS**

2

**\$106,000
EDUCATIONAL
SCHOLARSHIPS**

3

**4 EDUCATIONAL
YOUNG GIRLS
EMPOWERMENT
PROGRAMS**

4

**6 FOOD DRIVES
6 TOILETRIES DRIVES
4 BABY SHOWERS**

5

**4 WOMEN'S
TRAINING
PROGRAMS**

6

**\$18,000
ANGEL GRANTS**

7

**\$3000
EMPOWERMENT
SCHOLARSHIPS
& STARTER GRANTS**

8

**WOMEN'S
CONNECT
EVENT**

9

**4 MOVIE
PREMIERES**

10

**OVER \$10,000
DONATED TO
NEW MOMS**

EWTM'S EVOLUTION



A foundation is born! Our vision was to empower women to stay healthy and well with physical fitness as we joined together in empowering the women in our community. Founding Board members 2012. (left to right) Amy Leone, Rosy McCann, Monique Fasini, Robyn Behring and Angela Clarkin.



One of several building opportunities in 2013 with the Habit for Humanity Women's Build in Westwood, New Jersey.



We raced together, trained for races and invited the community to take part in special events like this mother/daughter hike at Ramapo Reservation in 2013.



Many scholarships have been awarded throughout the years to women going back to school beginning in 2015.



The Empowering Young Women Thru Motion program for girls 8-12 years old ran for 4 consecutive years with the support of the Mahwah Municipal Alliance. (2016)



Empowering Women had the honor of screening movies for the community including The Empowerment Project and Losing Sight of Shore, two important films to empower the next generation of women. (2017)



EWTM's destination races combined with community service in the Outer Banks, NC, Savannah GA and Puerto Rico.



Empowering mamas and their babies with community Baby Showers in New Jersey and New York.



Collecting and distributing donations for food pantries, shelter toiletry drives and local shelters.

TESTIMONIALS

“Your organization's efforts on my behalf and your support of my children are, for me, nothing short of miraculous. The coordination of all your resources was unexpected and quite frankly, unbelievable.”

“This program is exactly what we needed to empower the young girls in our community.”

“EWTM provided the kind of emotional and financial support that our family required in a sensitive and empathetic manner. Dealing with this foundation was a blessing, one that my family and I will never forget.”

“You are all heaven sent... blessing our mothers and their babies!”

Please Consider A Donation To support our Mission

Donate Today!



Our vision is to light the way forward and to remind our community that love is all around, that joy is within reach, and that we are more united than we know.

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