



DONNA ROLAND

Speaker & Stylist

She is clothed with strength and dignity; she can laugh at the days to come

Proverbs 31:25

Inspiring women to develop an outward style to reveal their inner beauty!

Hello Beautiful Friend!

I can't believe we are in October already! October is Breast Cancer Awareness month so I can't let it go by without encouraging you to get your annual mammogram! Because I have no family history and felt nothing on self-exam, a mammogram saved my life almost three years ago. It is a simple thing you can do that might save yours too! Like many of you, as a businesswoman, wife and mother it's easy to let things go when it comes to our self-care but I never missed a single mammogram appointment and I am so happy I didn't!



I am honored to be an Ambassador for Breast Cancer Awareness this month and I want to encourage each of you to PLEASE make an appointment for your annual mammogram if you haven't already!

Did you Know?

- 75% of women diagnosed with breast cancer have no family history and are not considered high risk
- 1 in 8 women will be diagnosed with breast cancer
- 1 in 6 breast cancers occurs in women between the ages of 40-49
- Even for women 50+, skipping a mammogram every other year would miss up to 30% of cancers

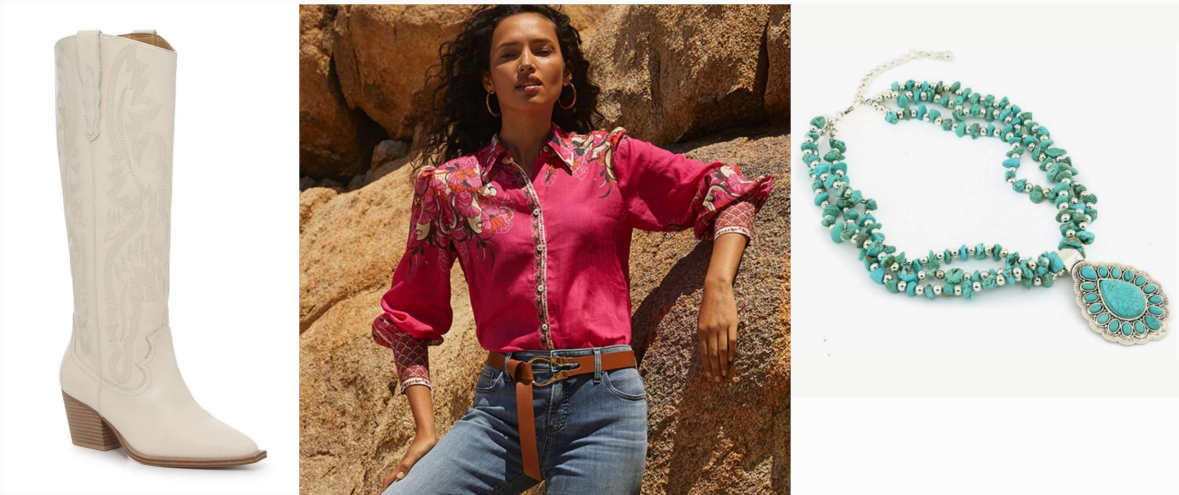
- 2 out of every 100,000 men will be diagnosed with breast cancer
- Mammograms alone find 85-90% of breast cancers
- Current guidelines recommend a yearly mammogram for women 40 and older

Fall Winter Trends!

Western Core

I'm so excited to start showing some of the new Fall/Winter 2023 Fashion Trends! I'm sure you've already been seeing some of these in the stores or you may already have some in your own closet!

One of the biggest trends I'm seeing for fall is called **"Western Core"**! Western wear is showing up everywhere in clothes, jackets, turquoise jewelry, and boots, boots, boots!



Wide Leg Pants

Crop & Flare!



Denim on Denim

A Monochromatic Look!



Sweater Dress

A fun way to dress up this Fall!



Ruffles

Adds a feminine touch!



**Watch next week for a bonus email
with more top fashion trends!**

*From a heart filled with grace and veins
filled with glitter,
Donna*

P.S. Is your church or ladies organization planning an event? I would love to be your Guest Speaker! [Email](#) or call 865.599.6682

What I offer...

- Christian Women's Events
- Corporate & Professional Events
- Wardrobe Solutions Workshops
- Girlfriend Getaways / Style Parties
- Clothing Analysis & Closet Organizing
- Personal Styling & Shopping



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