

BOLD MOVES

WINTER 2026

THE CHICKS IN CHARGE
MAGAZINE

THE STAR
WITHIN YOU

NEW 2026 THEME:
CREATEHER



READ & LEAD:
THINK &
GROW RICH

MEET OUR
COVER MODEL
& 4 MORE
CREATEHERS

CREATEHER '26 BY CHICKS IN CHARGE

WHAT WILL YOU CREATE?



Malena Putnam, CEO

Photo from Luminance in Edmond, OK

**ON THE COVER: Carissa Carter,
Country Music Artist**

Dearest Chicks,

If you've been feeling a quiet (or not-so-quiet) nudge that there's more for you—more clarity, more creativity, more experience—this issue is for you.

We live in a world that constantly asks us to consume: more content, more opinions, more noise. But the women I admire most? The ones building lives and businesses that feel true and fulfilling? They've made a different choice. They've chosen to create.

This CreateHer issue and 2026 theme is an invitation to come home to yourself. To remember that you are not here just to scroll, compare, or keep up—you are here to imagine, build, lead, and live with purpose. Creating doesn't always mean launching something big. Sometimes it looks like setting boundaries, trusting your intuition, or choosing presence over pressure. Sometimes it looks like finally saying yes to the idea that's been tugging at you for years.

In these pages, you'll meet incredible CreateHers who are already living this mission—women who are actively designing lives and businesses that reflect their values, honor their seasons, and make room for joy. Let them remind you that there is no one “right” way—only your way.

You'll also find encouragement to protect your energy, tend to your well-being, and reconnect with the inner voice that knows what you need next. When we slow down enough to listen, intuition becomes a strategy—and a powerful one at that.

My hope is that this issue inspires you to ask better questions:

What am I creating right now?

What deserves more of my attention?

What would shift if I trusted myself a little more?

You don't have to have it all figured out. You just have to be willing to begin.

We're here to gather, grow, and create alongside you—always.

xo,

Malena Putnam

Publisher, Bold Moves

CEO, Chicks in Charge & Yay Dude Media & Marketing

STUFF YOU'RE GONNA WANNA READ



Making time for our flock is always a good idea. Cheers to the New Year!!

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INTENTION OVER RESOLUTION

Forget the resolutions and choose a more meaningful way to step into 2026.

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FINDING SOLID GROUND

Insights on the ways self-care can help strengthen the relationships that matter most.

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OUR CREATEHER COVER CHICK

Country music artist, Carissa Carter, opens up about her journey and following her dreams in this Q&A.

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THINK AND GROW RICH

13 principles that can change your mindset to achieve success and personal growth.

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A conversation with OU-Tulsa Vice President Susan Bynum about purpose-driven, visionary leadership.

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THE LAST TRAIN HOME

Even in fleeting moments, connection can lead us home. A short story by Aleasha Wales Shelnutt.

Plus more Chicks spotlights and tips just for you.





New year
New chances
New goals
New start
New results

That's why we love
Goal GetHers.





JANUARY 2026



As the year winds down, there's always pressure to set New Year's resolutions. Big goals, bold promises, and long lists of things we're supposed to change. And while there's nothing wrong with wanting to grow, resolutions often start to feel heavy and restrictive by the time February rolls around.

This year, choose to set intentions instead.

Setting intentions feels softer and more aligned. Rather than focusing on what needs to be fixed, intentions invite us to think about how we want to feel and how we want to show up in our lives. Resolutions tend to focus on outcomes like losing weight, being more productive, or doing more. Intentions shift the focus inward toward qualities like peace, confidence, creativity, or presence.

Intentions also give us room to grow without pressure. Life changes, priorities shift, and we evolve. When we set an intention, we are choosing a direction rather than a rigid destination. It allows us to meet ourselves where we are and move forward with compassion instead of guilt.

Most importantly, intentions help us reconnect with ourselves. They come from reflection, not obligation. Instead of asking what we should accomplish, we get to ask who we want to become. That question tends to lead us exactly where we need to go.

So as the new year begins, let go of resolutions that no longer serve you and set intentions that feel supportive, meaningful, and true. It feels like a better way to begin.



Finding Solid Ground: Caring for Yourself to Strengthen Your Relationships

by Kenzie Langford, LCSW,
Ala Therapy Collective

Relationships can feel like walking a tightrope high above a canyon—precarious, tense, and frightening, as if one wrong step could send everything crashing down.

Mental health challenges such as anxiety or depression can make relationships even more daunting. Social pressures to live a picture-perfect life, or major life transitions—starting a new school, going to college, or beginning a first job—can all create stress. These changes don't just affect the individual; they can place strain on relationships as well.



You might see yourself in these experiences and find yourself wondering, Where do I even start? Intentionally setting aside time to care for yourself can make a difference. This might look like eating balanced meals, getting rest, spending time on a hobby, or reaching out to someone safe to talk to—whether that's a therapist or a trusted friend. As we care for ourselves, building a healthier mind and body can help us show up more fully in our relationships.

Therapy can be a powerful tool for processing these challenges, transitions, and big emotions. It can be a starting point for learning healthy communication skills and for understanding how to let your support system know what you need. Therapy also helps build positive coping strategies, emotional resilience, and confidence to move forward. Ultimately, it can be the first step toward healing relationships, stepping down from the tightrope and onto a grounded, more supportive path toward restoration.

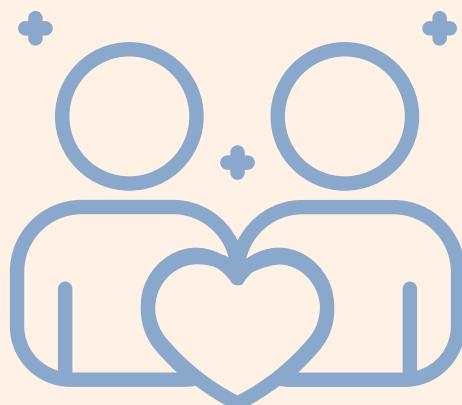
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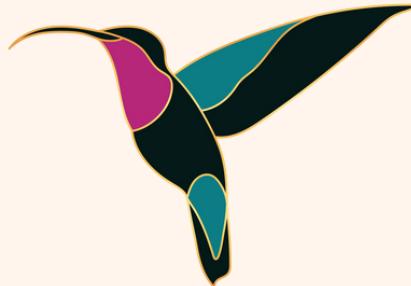


therapy for an expansive life



QUESTIONS TO

Assess your relationships



When I think about my relationships right now, I mostly feel:

- Calm
- Overwhelmed
- Confused
- Supported
- Drained



When I am stressed or anxious, how do I show up in relationships?

Do I feel comfortable expressing my needs to people I care about? Why or why not?



When conflict comes up, I tend to:

- Avoid it
- Overthink
- Address it calmly
- Feel overwhelmed



When life feels overwhelming, what coping strategies do I rely on?

What expectations- my own or others'- might be adding stress?



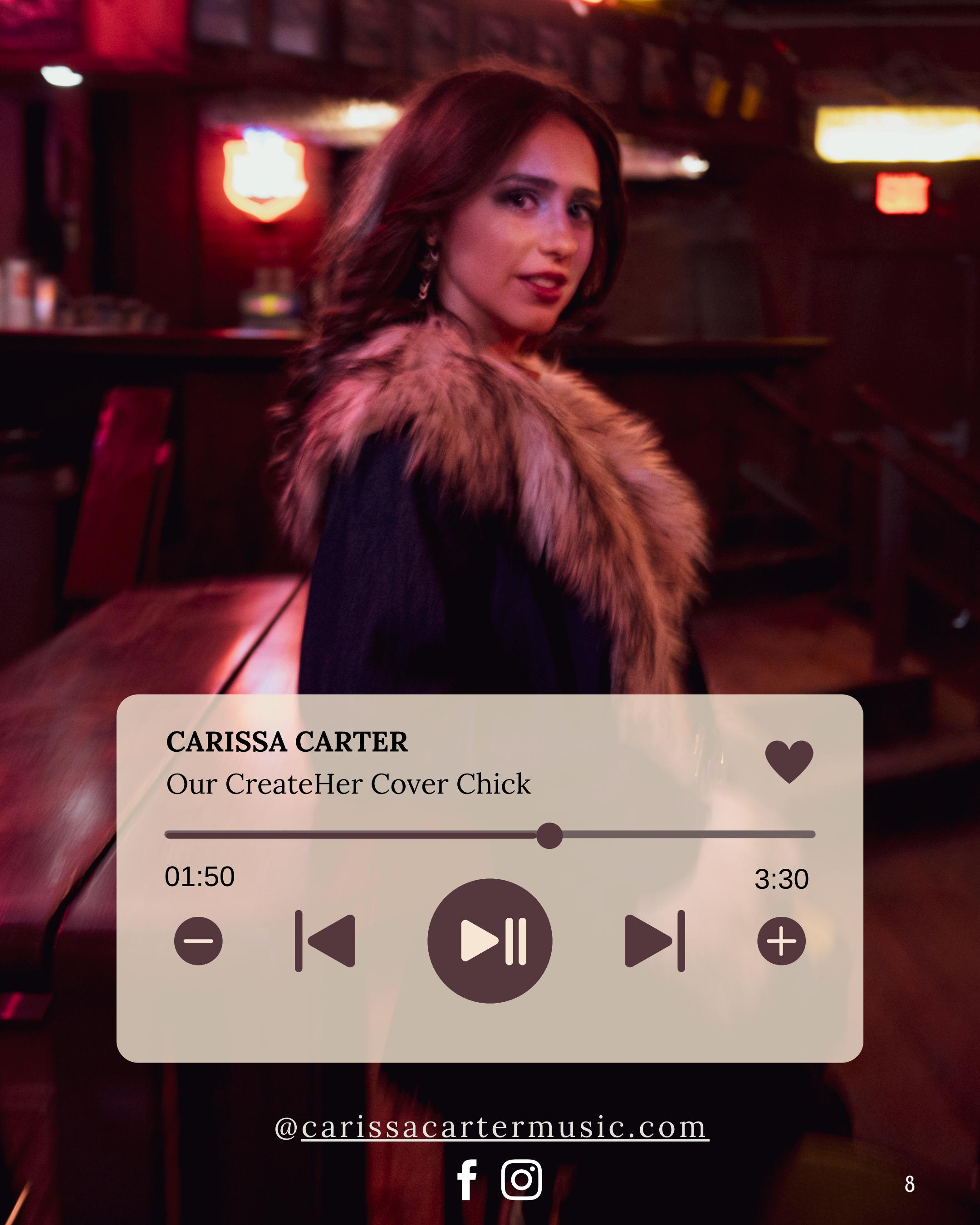
Where in my relationships do I feel most safe being myself?

How do I usually express discomfort, stress, or frustration?



ALA Therapy Collective

Do I feel supported in my relationships?
What kind of support do I wish I had more of?



CARISSA CARTER

Our CreateHer Cover Chick



01:50

3:30



[@carissacartermusic.com](http://carissacartermusic.com)

Carissa Carter is a powerhouse vocalist and storyteller whose sound blends southern gospel roots with bold, modern country influences. After releasing her Acoustic EP The Scratches, Part 1 in 2023, she went on to form her band, Carissa Carter and Southern Light, performing at festivals, headlining venues, and sharing stages with artists across the Texas and regional music scene. Her debut single, Between These Two Barstools, dropped in September 2025, and her Debut EP, Untamed, is scheduled for release in 2026. As both a frontwoman and band leader, Carissa is carving her own path—one defined by authenticity, confidence, and creative leadership.

Your music blends deep emotion with authentic storytelling – how has your experience as a woman shaped the themes and perspective in your songwriting?

I have found most of my songs are written about my experiences. Songwriting is how I process my life's events and interactions with people around me, and since I am a woman, my writing is from this perspective. I tend to write most though about women who inspire me, whether it's the confident woman at the bar asking a man to order her a drink, or one who has overcome so much and is in the same room as me sharing her life story. My hope is that with every song I write there is one person who knows they are not alone.

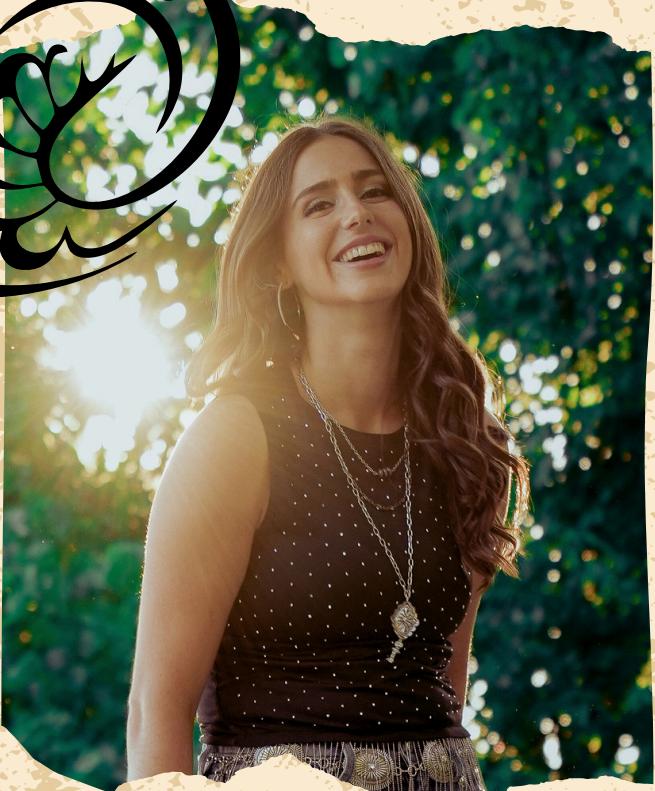
What challenges have you faced as a woman breaking into the country music scene, and how have you navigated them?

My biggest challenge is finding the time to keep up with it all—booking shows, social media posts, song and show promotion, and the list goes on. I remember when I started out, I had one of my friends show me how to email and cold call places to get shows. She also told me this piece of advice that I have taken to heart about the career path I have chosen: "Life is hard, so choose your hard." I have chosen my hard, and I also choose to not complain about the challenges because every artist I know faces similar challenges, but I have found the best way to overcome them is to just be myself. People are either going to love you, hate you, or be indifferent, and it's nothing to take personally. My biggest lesson through all of it has been if you need help, ask. Most people want to help you, not hinder you.



What advice would you give young women who are just starting to chase their dreams in music?

Be prepared to work 24/7, 365 days a year. It is very challenging, and there will be days when you have doubts, but that is when you must remember why you started. Also, surround yourself with people who will be there with you in the highs and lows, and make sure you never stop thanking them for being there, because they have chosen to walk through it with you.



Confidence and persistence are vital in the music world – how do you stay motivated during setbacks, especially as a woman carving her own path?

My motivation comes from my love of singing and writing songs, and it is what drives me to get out of bed everyday and keep pursuing my dream. I made the decision when I started that the only reason I wouldn't make it is because I quit, and I haven't looked back since. I've never been happier, even on the days I feel the weight that comes with missing family and friends from being on the road, because I'm living my dream. I feel confident I'm doing what I was made to do, and that's where my drive to persist is grounded. And a setback, like someone telling you "No," is honestly just redirection, a closed door that leaves you no worse off than you were before you tried to open it.

Meet CreateHer Tamara Willis, Burgundy Rose Creations

Tamara Willis has called Oklahoma home for the past 15 years, though her Texas roots—and unmistakable accent—still shine through. Married for over 31 years, she and her husband have raised three wonderful children, one of whom recently married.

A lifelong creative, Tamara has always enjoyed making and designing things that bring people joy. After stepping away from Corporate America, she followed her passion for creating and discovered that her true spark came from meaningful, lasting pieces people could use and enjoy for years to come.



That spark grew into a full-time design business specializing in custom and personalized items—everything from graphic apparel, hats, and bags to laser-etched tumblers, boards, and acrylic items. Tamara blends craftsmanship to help both individuals and businesses bring their ideas to life. Whether it's corporate gifting that makes clients feel appreciated or a personalized item that celebrates a special moment, she believes that every piece should feel thoughtful and made with heart, leaving a lasting impression.

For Tamara, creativity is more than a skill—it's a way to connect, celebrate, and make people smile with items that are a little more personal.

Her motto: **“Where Custom Creations Blossom”**





Fourth Quarter Goal GetHers

The last Monday of each month, our members are invited to “name it and claim it” to set their priorities for the month for work, wealth and wellness. You can participate in person at Yay on Broadway in Edmond or online via Zoom from anywhere in the country. Learn more at ChicksinCharge.club. Connect with our Chicks on our [online directory](#).

This science-backed approach makes it more likely that you will hit your goals. Your fellow Goal GetHers provide feedback, guidance, resources and connections to help you along the way. But first, YOU have to prioritize what truly matters to you and leave the rest in the pond.

We call it Kiss the FROG, because it's only by embracing the goal and doing the work that transformation can happen. If you'd like support & accountability for your goals, join us!

My fourth-quarter win is a surprising one. I chose to shut down my Guthrie studio after realizing my business is moving in a different direction, and I'm proud of myself for letting go of ego and listening to what it's becoming. This quarter, I was out of town for 41 days and photographed in six cities. Cheers to learning when and how to pivot toward what the market is asking.

Snappy Doodle-Photographer, Snap Branding Photography



FROG = Focus Reaches Our Goals

Where your focus goes, your energy flows, & your life grows.
Magic happens in the present moment so what ACTIONS are you taking right now to make your dreams come true?

At Goal GetHers we use a Focus Pocus planner and prioritize up to 3 things in each category:

Migrated website to new platform and completely revamped it using new headshots (new headshots were a Q2 win). Selected to present a 3 hour workshop at a play therapy conference in Colorado. Selected due to experience and existing credentials (grandfathered in) to be a Registered Sand Therapist Consultant/Trainer. Walked a 5K with my awesome granddaughters. Facilitated a retreat to celebrate the 5th birthday of my Embrace Amazing Book Club. - Julie Reising-Life Coach



I had some really fun moments travelling to Utah for a Wedding. Took a whole week off-never happens. Made some new friends this last quarter who are new clients, as well. Used my word NO more frequently. - Shelli Hibberd-Mary Kay Consultant

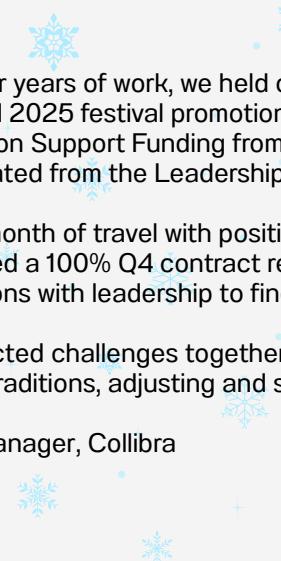
My fourth quarter has been good. I earned new customers and surpassed last year's numbers. I would have hit my next goal too, but a few unpaid invoices will roll into the new year and that's okay. All of this happened alongside home renovations, helping with a September wedding, and being out of town several times. Overall, I'm really pleased and looking ahead to 2026. My new website didn't quite launch by the first of the year, but it's coming soon with something new behind it. And I also signed up for something fun and exciting for 2026
Tamara Willis-Burgudy Rose Creations

For WoodyFest: After more than four years of work, we held our first public stakeholder meeting, finalized 2025 festival promotional materials, received Major Organization Support Funding from the Oklahoma Arts Council, and I graduated from the Leadership Arts program.

Work: I pushed through an intense month of travel with positive outcomes for my customers, achieved a 100% Q4 contract renewal rate, and had necessary conversations with leadership to find a better, less stressful fit for 2026.

Family/Home: We navigated unexpected challenges together as a family and still honored our holiday traditions, adjusting and scaling back where needed.

Miranda Huff-Customer Success Manager, Collibra



I made several changes to my website. Updated and built out my 2026 events calendar and created a plan to improve marketing and visibility while staying cost-efficient. My coaching and therapy practice continued to grow, and I began work on a book. I'm most excited to share that I was accepted into The Pacific Center for Somatic Sexology, where I'll earn my certification in Somatic Sexological Bodywork, the final certification I plan to pursue. - Charity Danker, Therapist & Coach DesireOKC / Evanescence Counseling

Learn more about membership or signing up for Goal GetHers at ChicksinCharge.Club.

The 13 Principles of Think and Grow Rich by Napoleon Hill

Desire: You have to want it

Use Affirmations to program your mind

Use your imagination and Visualize Your Success

Learn to Be Decisive

Associate with smart people and Absorb Their Teachings

Make plans and Take Action

Be Persistent and learn to overcome your failures

Choose a Compatible Partner

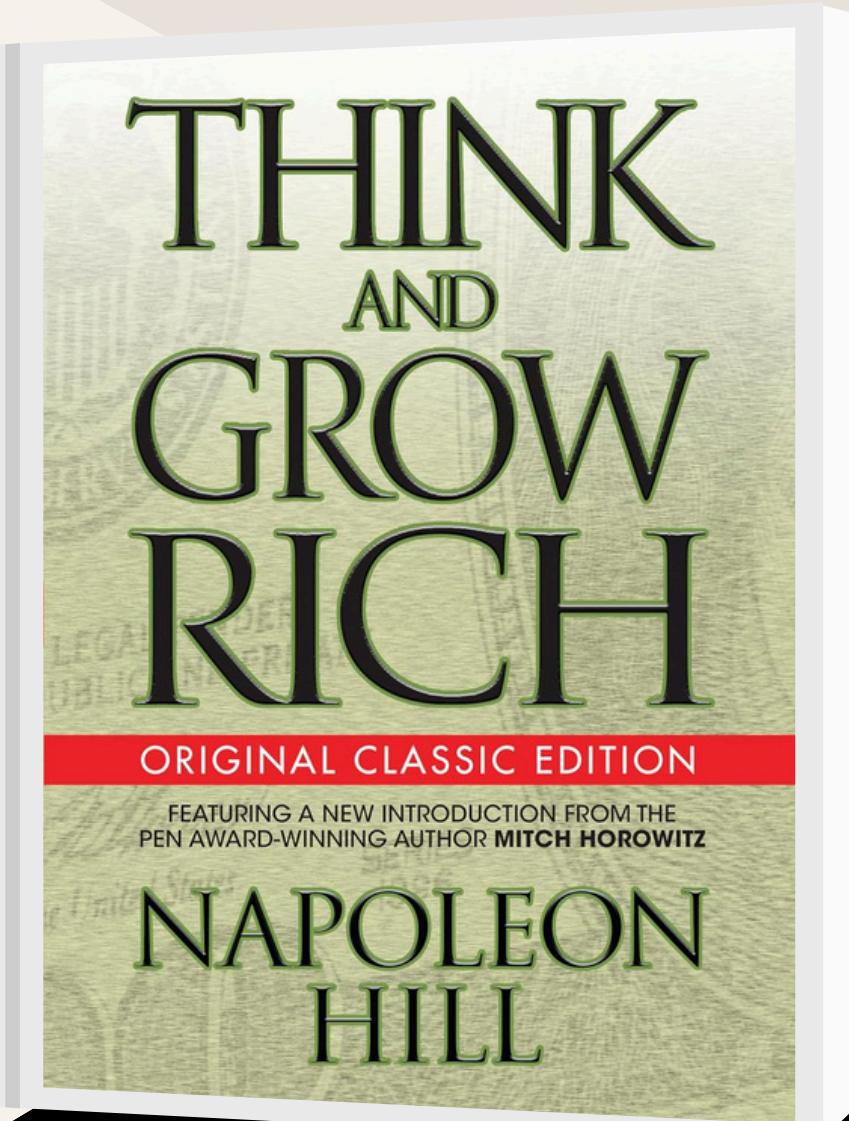
knowledge is power. Make an effort to always continue to learn

Listen to Your Gut

Dominate the Mind. Dismiss negative thoughts

Have Faith in your goals

Surround Yourself with positive and creative people



Leading Boldly

Q&A with Susan Bynum, OU-Tulsa Vice President

Susan Bynum joined OU-Tulsa as Vice President in January 2024, bringing a career shaped by leadership, service, and a deep connection to the Tulsa community. An OU alumna, attorney, and longtime civic leader, she now guides strategic initiatives that support the campus's growth while strengthening partnerships across Tulsa and championing OU's programs in the city.

In this Q&A, Bynum reflects on her leadership journey, the lessons she's learned along the way, and what it means to lead with purpose as a woman in higher education and in the community she calls home.

What's the boldest move you've ever made in your career, and what made it feel so daring at the time?

Anytime you change careers, it feels like a bold move. Looking back, my boldest career move was the first: graduating from college and immediately moving to Washington, D.C. I was challenging myself by moving to a city I had only visited once, with virtually no support, and taking a job that paid very little. I wanted to experience life differently.

Do you have a go-to quote that fuels your leadership style or keeps you grounded during tough calls?

I have a few different quotes that cycle through my mind depending on the circumstance. One quote I have relied on lately is "hard things are hard" for when you face a problem that feels insurmountable, but you know you are up to the challenge of solving it. I like to keep perspective by remembering that "some days you are the windshield, some days you are the bug." And finally, I remind myself to "Play Like a Champion Today" and every day.



For women in business who feel scared to go for their dreams, what's one practical step you'd tell them to take today to start chasing their vision?

While recognizing that people are motivated by different things, I recommend that women who are afraid to pursue their dreams should focus on starting with one thing that requires effort, time, or capital. This could be establishing an LLC, purchasing a domain name, or asking a mentor to review your business plan. The idea is that this is a small step, but it is enough effort to keep you accountable and help you progress with your plan.

Outside of work, what are the top three passions that recharge you?

I enjoy building genuine connections, whether with family or friends, because spending time with great people brings me joy and meaning. I also have a deep love for travel, embracing the opportunity to explore new places and immerse myself in diverse cultures and experiences. Lastly, a little bit of fresh air and a little bit of exercise go a long way for me...especially if I get to spend that time with friends. (Cont.)



With our 2026 CreateHer theme spotlighting women who solve problems creatively, what's your favorite unconventional method for tackling everyday business hurdles?

I genuinely believe teamwork makes everyday challenges easier because it gives us a chance to learn from each other. It is important for me to create space where everyone feels comfortable sharing their ideas and experiences. When we bring different perspectives together, the solutions we find are not only stronger—they're more creative and meaningful. And while this approach may not be overtly unconventional, it allows us to approach challenges together and as a team.





Women-owned Small Biz Spotlights



Amy Shirola
[Savor the Seasons](#)



Heather Ehlers
[Sage Soul Wellness](#)



Shylah Ridgeway
[Ala Therapy Collective](#)



Malena Putnam
[Yay Dude Media & Marketing](#)



Meredith Sense-Cruz
[Empowered and Intimate](#)



Snappy Goode
[Snap Media Branding](#)



Tamara Willis
[Burgundy Rose Creations](#)

Chicks Happenings

1st Quarter, 2026

THE GREENS & CHICKS IN CHARGE OKC PRESENTS

GALENTINE'S AT THE GREENS

THU., FEB. 12TH | 6:30-8:30P
BALLROOM

Let's raise a glass to women in business and women supporting women at our Galentine's event open to female members and guests.

Complimentary Apertif upon arrival

Appetizers & Cash Bar

Photo Booth

Sip & Shop & receive Galentine's & Treats

Grand Prizes

Mini Dance & Sing-Along

[ORDER HERE](#)

\$35 Members

\$45 Guests



THE GREENS
Golf, Tennis, Premium Events



EXPERIENCE A **LIFE CHANGING** BODY TRANSFORMATION

SPECIAL OPEN HOUSE EVENT
February 5, 2026
6:00PM - 8:00PM

You're Invited!
[RSVP Here](#)

The Emerald Laser offers high-quality, non-surgical fat loss results without significant side effects. Participants in clinical trials lost an average of 6 inches (3.54 liters of fat) in just 8 sessions. Invest in your health and regain confidence with this technology.

Join us to learn more, make informed body goal decisions and take advantage of special event pricing!

The Emerald gently transforms pesky fat areas while leaving patients with:

✓ NO SWELLING ✓ NO BRUISING ✓ NO RECOVERY TIME

The Lymph Lab
1712 S Blvd, Edmond, OK 73013
February 5, 2026 | 6:00pm - 8:00pm
(405) 774-1385 hello@thelymphlab.com

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www.TheLymphLab.com

APRIL 8, 2026

THE GREENS COUNTRY CLUB

SHE LEADS



SHE CREATES

LEADERSHIP CONFERENCE & SPEED NETWORKING

A private space to support your return to clarity, authentic connection, community, and working more brilliantly.

TAKING CHARGE:

INTENTIONAL PERFORMANCE & WELL-BEING

In a culture defined by acceleration, constant decision-making, reactive risk management and digital saturation, human productivity and self-governance has become cognitively expensive. The cumulative weight of responsibility quietly depletes focus, creativity, and emotional regulation. The invisible toll of decision fatigue, fractured attention, and sustained demand for resilience and emotional regulation often shows up as diminished executive functioning—reduced focus, creativity, and emotional regulation. Intentional living is no longer aspirational; it is a strategic necessity.

At Flowstate, wellness is designed as an immersive, high-touch experience that supports both restoration and performance. Tucked away in the East rolling hills of the Deep Fork River Basin and Lake Arcadia, this private stone cottage styled retreat space is curated for doers, creatives and scattered minds who understand that clarity, balance, and sustainable impact require dedicated safe spaces to reflect, put a dream into motion, and to reset with intention.

Days unfold with purpose at Flowstate. Mornings may begin with mindful movement like exploring the Arcadia Trails at sunrise, a nourishing organic meal made in our fully stocked kitchen, or a hot steamy shower in a minimalist bathroom tiled in earthy, grounding stone stocked with high-quality products to care for your senses. Mindfulness practice experiences are available anywhere on the property allowing the nervous system to settle and set intention behind the day creates moments of rhythm and stillness for the foundation for a settled nervous system and day full of wins.

For high performers who need time to create, strategize, or produce, reserved workdays help guests work more brilliantly. Regain focus with binaural beats and ergonomic seating support. Partnered with FBO Media Group, the property provides a private production studio loft supporting casting, recording, or creative work.

Workspaces overlook a flagstone pond and sectioned garden beds landscaped for each season. Tactile, creative experiences such as candle-making, culinary classes with some of OKC's most treasured Chefs and artisan butter crafting inject serotonin and invite a creative, intuitive focus. Authentic connection is cultivated organically.

Restoration is seamlessly integrated through massage therapy, compression sleeves, and IV services that recalibrate the nervous system, return hydration and support circulation. Soundbath healers and clinically trained, trauma-informed providers love using the property for intrinsic discovery and healing workshops. By removing friction and distraction, the environment provides inclusive support for neurodivergent minds. This is not time away from responsibility. It is an investment in how sustainable thriving. Let Flowstate be your guided return to clearer, steadier, and better equipped to thrive.

BOOKING FOR MARCH 2026



Designed For Those Seeking:
Executive Functioning Support • Creative Connection • Private Community • Mind-Body Renewal

Features and Experiences

- Reserved workday & production studio loft
- Yoga, mindfulness exercise, arcadia trails (walking & cycling), gratitude pathway
- Crafting for the mind and body
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- Massage & integrative therapies
- Firepit gatherings overlooking sunset waters
- Self-serve organic smoothie, tea, coffee, & wellness bars
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<https://flowstateok.com>



Location: East Lake Arcadia
 Email: workbrilliantly@flowstateok.com
 Instagram: @toflowstate

CHICKS IN THE STICKS HOCHATOWN

Every November



Thank you to our 2025 campers!

THE LAST TRAIN HOME

by Aleasha Wales Shelnutt



The gentle rumble of the train lulled Kathryn as she sank into thoughts of her ailing father. She had always been a daddy's girl; it hurt to be away. But the job offer from Charge Nurse in Charleston to Director of Nursing in Raleigh was an important rung on her career ladder. Besides, Daddy had insisted. "Go get the experience of running things in that big important hospital," he reasoned, "then bring it back home."

The car shook as they rumbled over a rough patch of track, pulling her from her reverie. The overhead lights dimmed after midnight, but she could still make out scattered passengers slumped in a shadowy blue-white glow. Outside, the Carolina landscape slid by, draped in darkness. She smiled, remembering how much Daddy loved riding the night train. "The tracks will always lead you home, Katie-girl," he would say with an affectionate squeeze of her shoulder.

Suddenly, an overhead reading light switched on across the aisle, capturing her attention in the reflection of her window. Surprised, Kathryn twisted in her seat. A young man offered a tired smile from the seat directly across from hers. He was clean-shaven, a farm boy in old-fashioned hand-me-downs with rolled sleeves and worn trousers. A metallic gleam flashed at his collar. How had she not noticed him? Exhausted, she blamed it on nostalgia. She nodded in recognition.

"Evening, ma'am." The words rolled across the aisle in a familiar drawl. Amused at his quaint formality, her lips curved in a half smile. "You headed home?"

"Yes, I'm visiting my father in Charleston. He's really sick..." she trailed off.

"Charleston," he whispered, gaze drifting. "I haven't set foot there since the boys and I were leaving out—" His voice caught, thick with emotion. He cleared his throat, the train's rhythm filling the silence. His hands fidgeted on the worn edges of something wooden. "Has your father been in Charleston long?"

Kathryn shrugged, "All his life. Except for his time in the war." Her smile slipped. "He was happy to be back, just—never the same, you know? He rarely talked about it, except for Charlie...He never made it home."

The train rocked over another rough patch of track. A duffle bag shifted at his feet, antique military-issue with faded stenciling. He adjusted, securing it between his feet. War-era combat boots gleamed under the reading light, too polished for a farm hand.

"What about you?" she asked.

"I'm waiting on a friend. He'll be along soon."

He held her gaze as the train rattled on, steady as a heartbeat. He looked down again, squeezing a wooden cross. Her breath caught. It was exactly like the ones her father silently whittled when the memories became too much. The train shuddered again, jostling Kathryn as the lights flickered. In the brief darkness, she heard the metallic clink of dog tags before he murmured, "The tracks will always lead you home."

Then he was gone. She blinked. The seat sat empty under the steady glow of the reading light as the train rumbled on, carrying her home.

Community. Connection. Collaboration.

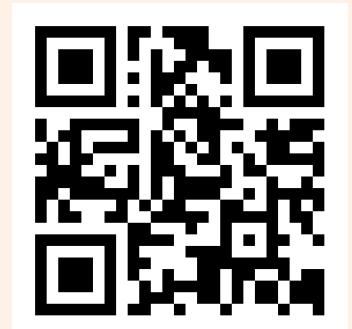


CHICKS IN CHARGE CLUB

CreateHer 2026

Where women leaders gather & grow.

Greater Oklahoma City



Goal GettHERS Collab & Co-working Day, **LAST Monday of each month**

Monthly: Hen Pals 1:1 Matches

Start Strong - Finish Proud Luncheons:
January - Vision Board
December - Year End Review

Social Events:

February 12th
Galentine's at the Greens | Public
Greens Country Club

August 20th
Fire & Ice Event | Public

December 6th
Merry Chicksmas Party | Members

All City Lead & Learn:

April 8th: SHE Leads Mini-Conference & Speed Networking
Nov. 12th: Chicksgiving Speed Networking

Chicks in the Sticks Retreats
Summer Camp: Lake Murray
Fall Luxury Cabin: Hochatown

Read & Lead Book Club
March 25th, June 24th, Sept. 23rd,
Dec. 2nd

Plus special CreateHer Seasonal Pop Up Events



Let's create magic.

Promote your biz in Bold Moves, the quarterly magazine for boss Chicks.

Share your story and elevate your brand in Bold Moves in 2026, the quarterly magazine for boss chicks who learn, inspire, and grow together. The magazine is a FREE digital download on our CIC site + our linktr.ee and promoted in OKC and regionally with ad spend plus our email newsletter and our social channels to reach local and national boss Chicks and women in business. See booking deadlines and details at chicksincharge.club.



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*Kari Ernest
Associate Editor*





The Lymph Lab specializes in gentle, non-invasive care that helps you release what's stuck, reconnect with flow, and feel more peaceful in your body and life.

Scar Release Treatment

Multiple C-Sections Scar



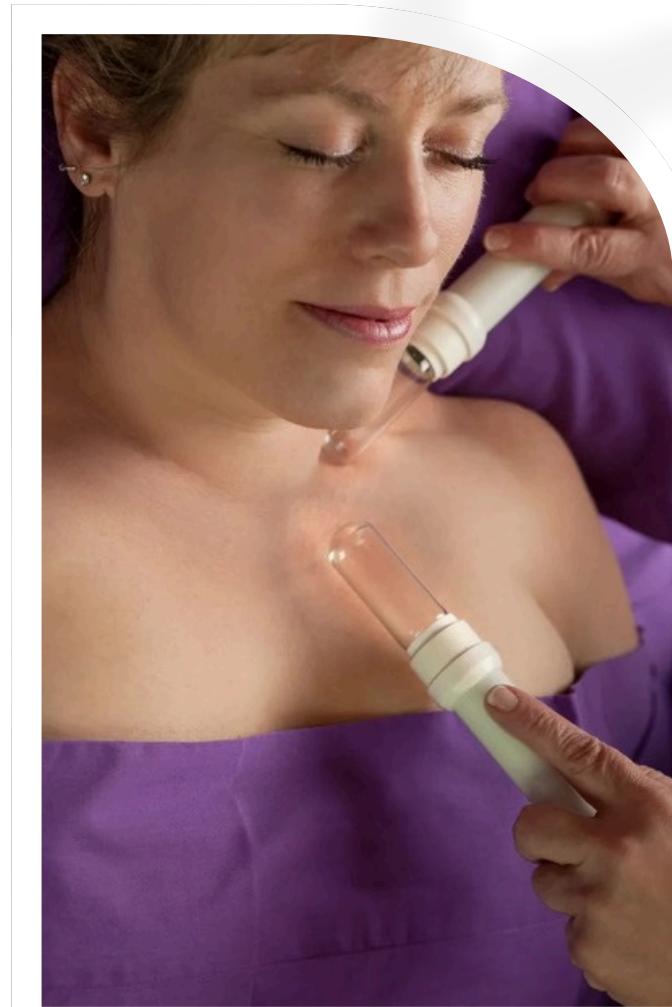
Before



After

Scars Are Beyond Cosmetic

- Helps Lymph flow
- Improves circulation
- Increases vagal tone
- Activates healing mode
- Relaxes internal adhesions
- Releases tight fascia
- Decreases chronic pain
- Increases HRV
- Supports Gut Health



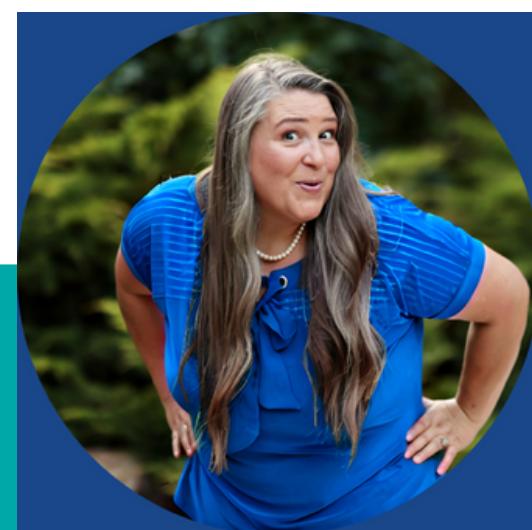
Emerald Laser for Fat Reduction

- Shrinks fat cells
- Non-invasive
- Painless
- No downtime
- Results visible within weeks
- Boosts metabolism
- FDA cleared for higher BMIs
- Gut health benefits
- More Energy



Lymph Therapy Benefits:

- Improves immune function
- Increased mental clarity
- Reduces inflammation
- Decreases swelling
- Improves tissue detoxification
- Increased circulation
- Reduces stress levels
- Improves digestion
- Weight management
- Reduces water retention
- Pain relief
- Pre/post-surgery/injury relief



<https://thelymphlab.com>



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