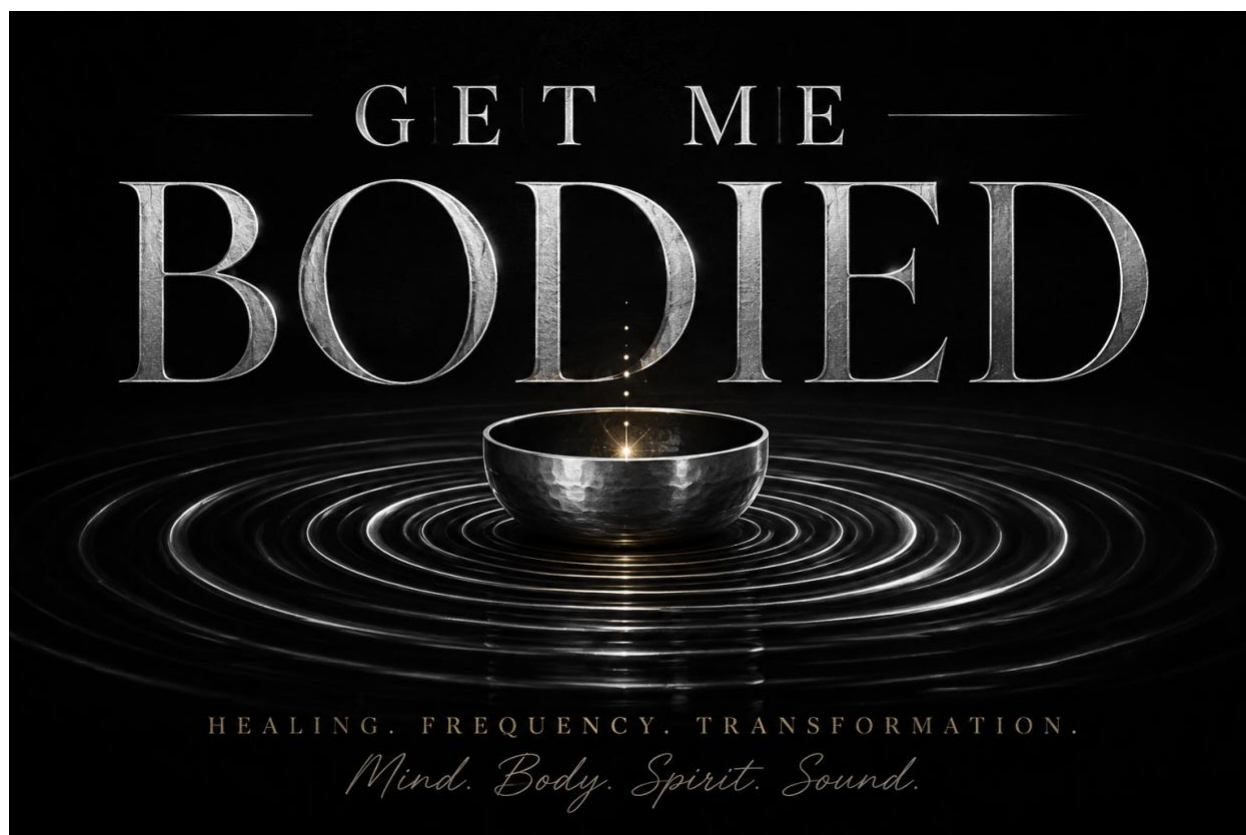




While Beyonce may have said it first— “Get Me Bodied”. Join the Black Farmers Co-Op (BFC) today in recognition of Dr. Monique Holland, a.k.a., Dr. Mojo’s Earth Day, as she drops soothing healing beats through sound bowls to transform your body.

Dr. Monique Holland is a compassionate member of the BFC whose work reflects a resounding commitment to healing, personal growth, and transformation. Through her dedication to helping others, she creates spaces where individuals can reconnect with themselves, restore inner peace, and embrace new possibilities for their lives. Her approach recognizes that true healing involves the mind, body, and spirit working together in harmony. Dr. Mojo reminds us that we deserve to take a breath, take a moment to reflect on our own individual humanity, and our personal needs within. Understand—*Get Me Bodied* is to get closer.

One of the unique aspects of Dr. Holland's work is her use of sound bowls as a pathway to wellness. While we are constantly in a vibration source. Dr. Mojo provides opportunities for us to *Get Me Bodied* and live out the soothing vibrations produced by the bowls encourage relaxation, mindfulness, and emotional release. Rather than simply hearing the sounds, we experience them as gentle waves that promote calm, reduce stress, and invite our own personal reflection. These moments of stillness allow individuals to pause, breathe, and begin the journey toward healing from within.

Transformation is at the heart of Dr. Holland's mission. She believes that every challenge presents an opportunity for growth and that every person possesses the strength to overcome adversity. Through encouragement, education, and holistic healing practices, she inspires others

to move beyond fear and *get closer* to embracing hope and discovering your own renewed purpose.

Dr. Monique Holland's work serves as a reminder to teach us that healing is not a destination but a continuous journey. By combining compassion with the restorative power of sound, she empowers individuals to rediscover their inner resilience and create meaningful, lasting transformation. Her dedication continues to inspire those seeking balance, wellness, and a deeper connection to *get closer* to themselves and the world around them.

On this day, your Earth Day we share in your peace, your joy and we give back to you the fulfillment of appreciation you so rightfully deserve!!! Continue to lead the universe to Get Me Bodied—get closer!!