

October 2019.

HEARTS OF EMPOWERMENT

LOVE. EMPOWER. CREATE CHANGE



WHAT'S INSIDE:

REFRESH MUSIC
GROUP - 2

GIVE N GO
BASKETBALL CAMP - 3

FALL FESTIVAL - 4



REFRESH MUSIC GROUP CONCERT

BY EDITORIAL TEAM

For years music has allowed artists to express themselves and share their story with the public. Music serves not only as a beautiful escape for artists and fans, it allows for a window into an artist's world. A window where you share and resonate with their frustrations, joy, grief, and hope. Music, a universal language, allows for anyone and everyone to come together and it can have an everlasting impact. This is what brought Refresh Music Group and Hearts of Empowerment together.

Refresh Music Group is a concert booking and music label founded by Merid Merid in 2015. His ultimate goal is to create a platform where local artists from the Virginia, Maryland, and DC area are given the exposure and resources needed to become successful. He believes the DMV can compete musically/artistically with more popular cities like Atlanta, New York, or Los Angeles. Moreover, Merid seeks to incorporate philanthropy work with his music label events; often his concerts are aligned with various charities and non-profits to give back to the community.

This past August, Refresh Music Group partnered with Hearts of Empowerment to bring a concert to Union Stage at The Wharf in Washington D.C. The concert was headlined by local artists HEF, D\$G DAE, and CALO. As the doors opened and fans poured in, the anticipation to see these young and upcoming artists reverberated through all three floors of Union Stage. The exuberant energy vibrated from the amps and fans, both young and adult.

"When Merid first reached out to us and brought us the idea of coming together to host a concert, as a team we got really excited! We knew this unique opportunity would allow us to reach many teenagers, young adults, and parents who would come out to support and listen. Reaching a new audience is important for us as an organization as we seek to grow and touch the hearts of everyone," explained Chief Communications Officer, William Reyes.

Ultimately the artists were able to put on an incredible show and provide an electrically charged night of entertainment while Hearts of Empowerment was able to interact with fans and support an incredible group of artists.

On behalf of the Hearts of Empowerment team, we'd like to thank Refresh Music Group for allowing us to come on board and bring this project to life.



GIVE 'N GO BASKETBALL CAMP

BY EDITORIAL TEAM

Through sports, individuals are often taught the importance of team work, sacrifice, and camaraderie. These values are important for an athlete's development as they strive to become the best version of themselves on and off the court. Hearts of Empowerment defines itself with similar values. Which is why they saw an opportunity to use the sport of basketball as a platform to help others and spread the importance of giving back.

This past summer Hearts of Empowerment held a two-day basketball camp at The Campus in Sterling, Virginia. This camp, in partnership with Myles Tate Performance, allowed high school students to sharpen their skills ahead of their upcoming season,

Myles Tate, a former George Mason player and local alumni from Briar Woods High School, led the campers through a variety of high intense drills and training. His approach included inviting former college basketball players to come practice and help coach as well. "I think giving back and being a part of something bigger than yourself is important. Basketball is a great way to do this, and it's a blessing to be able to give back through the game," shared Coach Tate.

The campers participated in shooting drills, weight/vertimax training, and ended each day with an intense game of 5 on 5 to show off their diligence and newly honed skills from the day. In addition, each camper was given a Fitness Feast Nutritional Plan and Personalized 6-Week Workout Plan to continue their practice beyond the camp and at home.

One of the highlights of the camp weekend came during the three point shooting contest where all attendees were given the opportunity to showcase their long range shooting ability. The excitement grew once the campers were told that the winner would be taking home the highly anticipated video game, 2K20! After many rounds and incredible performance all around, sharpshooter TJ Warren proved to everyone that he was the best shooter from behind the three point arc.

"Getting these kids involved in community work, while providing them an opportunity to play the sport they love was the goal of this event. As a former basketball player who has stepped away from the game, I really felt like this was an opportunity to teach kids about life outside of hoops. Hearts of Empowerment's team created a fun energetic environment while also offering an extremely important mentoring aspect to all the campers. We were able to teach them ways to make a positive change in this world and other important keys to success. Such an amazing experience for all parties involved, cant wait for next year! said Hearts of Empowerment CEO, Correy Faciane.

On behalf of our organization we'd like to thank the campers and parents for participating in our Give 'N Go Basketball Camp. It was our pleasure to coach and get to know these wonderful athletes in our community.



JOIN US AT OUR NEXT EVENT!

HEARTS OF EMPOWERMENT CALLS FOR YOUR SUPPORT!

On November 9th of 2019 we invite you to attend our Fall Festival at Marymount University. We are partnering along with a local non profit, For The Love Of Others, to provide a day of fun intended for adults, young adults, and children of all ages.

Activities will include:

- Moon Bounce
- Dunk Tank
- Face Painting
- Animal Adpotion
- Staffed Bar
- Food Trucks
- DJ Music
- And Much More!

Stay tuned for more information!

Proceeds will benefit the Holiday Programs hosted by, For The Love Of Others

HEARTS OF



EMPOWERMENT

**FOR THE
LOVE OF
OTHERS**

LOVE GOD. LOVE OTHERS.
SERVE THE WORLD.