

Rosanny Crumpton excels in the second Spotlight Page of Starving Arts, marking the launch of our first campaign in Charlotte, NC.



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STARVINGARTS.ORG:
POSTER BOARD CAMPAIGN COLLECTION VOLUME#2 SPOTLIGHT
ARTIST: ROSANNY CRUMPTON

COLLECTION VOLUME #2

STARVINGARTS.ORG



RESURRECTING THE ART COMMUNITY

Rosy Crumpton is a Duke Integrative Medicine Trained, National Board-certified Health & Wellness Coach. With professional experience in behavioral health since 2005, she's knowledgeable on what it takes to guide people through behavior change. She owns Sophrosyne Wellness where she partners with individuals and organizations by working with people 1:1, in small groups, and leads wellness workshops and staff retreats.

Crumpton regularly contributes to various online and print publications that promote wellness, healing, mindfulness, and community. She is passionate about DEIA, all things wellness (physical, mental, and emotional). She supports causes that are loving and empowering.

Crumpton is a novelist with a 5-star award-winning book, titled All I Left Unsaid: A Latina's Journey Toward Truth. It was translated and published into Spanish, and titled: Todo lo Que Callé: El Viaje de Una Latina Hacia La Verdad. Her most recent book is a guided journal, published in December 2023 titled, Healthy Me Journal: A Simple Guide to Begin Caring for My Whole Self.

To connect with Rosy, visit getwellnc.com or [@rosycrumpton](https://www.instagram.com/rosycrumpton) on Instagram.



SOPHROSYNE WELLNESS
Supporting you through your wellness journey.



StarvingArts.org Brand and Design
Created By ZuriCreative.Com

Rosy's advertisement from Watch Dog Graphics Inc., a registered 501(c)(3) charity, kicked off its March 2024 Starving Arts Poster Board Campaign earlier this month. This initiative is all about championing artists and their artistic endeavors, offering a spotlight to individuals and businesses in the art community. Specifically tailored for Rosy's artistic ventures and enterprises, this ad is designed to give them a promotional boost at absolutely no charge



RC Rosy Crumpton
Professional Writer • Speaker • Integrative Health Coach
WWW.ROSYCRUMPTON.COM

ROSY'S BUSINESS(ES): SOPHROSYNE WELLNESS



We are **National Board Certified Health & Wellness Coaches** who are skilled and passionate about supporting people through the journey of behavior change. We help people achieve personal and professional goals, improve nutritional habits, manage stress and anxiety, control blood pressure, decrease inflammation, reduce stress, build relationships, improve exercise and movement habits, sleep better, identify and practice intentional self-care, and more. Through explorative conversations using our background, education, and experience in integrative health coaching, we work with each person to provide support on envisioning ideal health, as well as guidance and resources to carry out personal health and wellness goals. We help you prevent and manage chronic disease.

[LEARN MORE](#)

**ROSY'S PUBLISHED BOOK(S):
HEALTHY ME JOURNAL: A SIMPLE GUIDE TO BEGIN CARING FOR MY
WHOLE SELF**





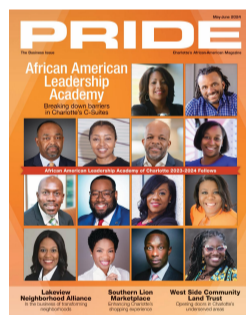
The concept of wellness can often seem like a broad, even unattainable and overwhelming concept. This beginner's guide is meant to gently spark small steps to take care of our needs, promote action steps towards well-being, and celebrate how we already honor our health.

The Healthy Me Journal is Available ["Here"](#)

**STARVINGARTS.ORG:
ROSY'S FULL-PAGE ADVERTISEMENT
(POSTER BOARD) IS PUBLISHED IN THE
FOLLOWING 2024 APRIL/MAY MAGAZINES**



SouthPark Magazine
At SouthPark Magazine, we celebrate arts and culture. As Charlotte's premium luxury lifestyle magazine, SouthPark is dedicated to showcasing the Queen City's vibrant community through thoughtful storytelling about local trendsetters, design, cuisine, travel, style and more.



Pride Magazine
Charlotte's African-American. A local publication distributed in Charlotte, N.C., and the surrounding areas. The magazine is a positive, meaningful and influential icon in the community, with compelling stories that touch the spirit and soul of the reader.

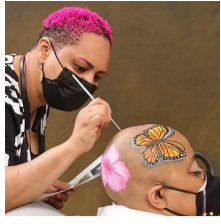


QC Exclusive Magazine
The Quintessential Charlotte Luxury Magazine. From our start in 2011 to the present our team at QC Exclusive Magazine constantly strives to deliver Charlotte's best content.

The Starving Arts, a division of Watch Dog Graphics Inc., is fully committed to supporting the literary arts and the publication industry

STARVINGARTS.ORG: 2023 CHARITABLE CONTRIBUTIONS RECIPIENTS

We extend a special thank you to our exceptionally talented recipients



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Campaign Contribution
Recipient**

[Preference Evans](#)



**2023 Literary Arts
Campaign Contribution
Recipient**

[Books with Color](#)



**2023 Photographic Arts
Campaign Contribution
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**2023 Comic Book Media Arts
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**2023 Performing Arts
Campaign Contribution
Recipient**

[Camerin Watson](#)

STARVINGARTS.ORG: OUR CONTRIBUTORS

We extend our warmest thanks to our remarkable contributors



STARVINGARTS.ORG: OUR INITIATIVE & MISSION



Watch Dog Graphics Inc., is dedicated to providing high-quality graphic art services to those in need

We believe that everyone should have access to professional-grade design and marketing materials, regardless of their finances or circumstances. Our team of skilled designers works closely with each client to understand their vision and create beautiful, effective graphics that help them achieve their goals. Whether you need a new logo, a brochure, or a full marketing campaign, we are here to help. Contact us today to learn more and see how we can help your organization.

info@watchdoggraphicsinc.org



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