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What's in my  
bag? An expert  
dermatologist's on-  
the-go essentials



Annual Meeting  
Proxy & Feedback

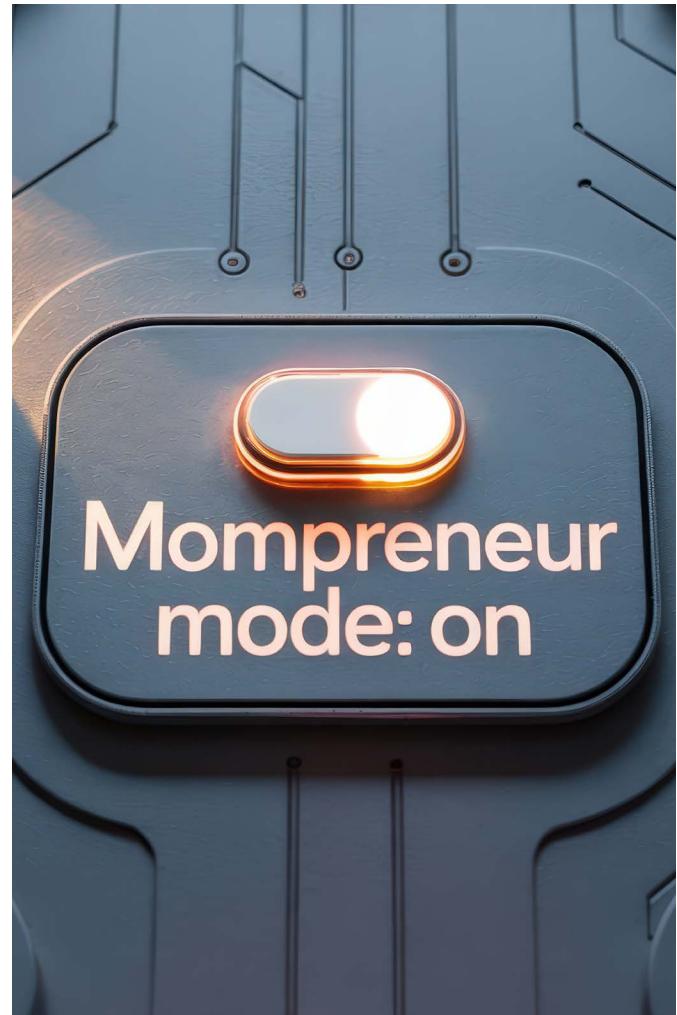
# Wellness REVIEW

2025

## Why 'Mompreneurs' are Essential to Their Communities

(BPT) - The number of business-savvy mothers blazing the trail as entrepreneurs is at a record high. "Mompreneurs" are transforming the business landscape, not just for themselves, but also for future generations. According to Wells Fargo, growth in the number of female business owners has outpaced the market in recent years, with women-owned companies representing 39% of all businesses.

What could be a driver of this shift? Legacy. One-third of female business owners surveyed in recent Kiddie Academy® research cite their primary motivation for starting a business as a desire to leave a lasting impact for their children and grandchildren. For these women, entrepreneurship isn't just a path to work-life balance - it's an act of generational empowerment that's essential to their communities.





Mompreneurs fill unique gaps in the market because they often start businesses based on personal experiences. This results in the creation of products and services that effectively solve problems for families and local communities. They're showing their children what's possible when you take a personal passion or value and turn it into a business.

According to the same Kiddie Academy survey, 90% of respondents believe it's important for children to see more female business owners in their communities. Female representation can change what children believe is achievable as they form ideas about their own potential.

Children raised in "mompreneurial" households grow up with firsthand exposure to the highs and lows of business, the dedication it takes to launch and grow an idea and the courage it takes to follow one's dreams. For daughters, it can plant the seeds of self-confidence. For sons, it can shape respect for women as leaders and equals in the workforce.

"I know that when my children see me going to work each day, I'm making a profound impact on their perception of women business owners," said Emily Zaghi, franchise owner of three Kiddie Academy locations in New York and mother of three young children. "Beyond the legacy I'm building for my family, I also have so much more freedom to be part of my children's lives."

Nearly 70% of mothers say flexibility to spend more time with family is a major reason for starting their business, according to Wells Fargo. With that, mompreneurs have created support ecosystems for themselves and each other, redefining what work-life balance looks like. More and more, moms are designing businesses that prioritize flexibility and purpose.

When a mother becomes an entrepreneur, she's not just building a business, she's building a legacy - the ripple effects of which can last for generations.

# Let's go for a drive!

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## What's in my bag? An expert dermatologist's on-the-go essentials

(BPT) - StartFragment-->When you're constantly juggling work, school, and home responsibilities, it's easy to overlook your own well-being. But neglecting self-care can quickly lead to burnout, ultimately throwing your entire routine off track. EndFragment-->

Dr. Gabriela Soza, Manhattan board-certified dermatologist and mother of two young children, knows firsthand how challenging self-care can be when you're on-the-go. That's why she recommends preparing a bag to carry all your essentials while you're out and about.

But, what counts as an essential item? While those exact items may vary from person to person, Soza offers an easy organizational system.

"When organizing my must-haves, I tend to break them down into three core categories: health, wellness and skincare to freshen up throughout the day," she said. "Once you've curated your items, use a removable bag insert or pouch to store them. That way, whether you choose a tote bag, backpack or large purse, you can easily transfer your essentials from bag to bag."

Read on to learn about Soza's personal "must-have" recommendations.

## Health



**Hand sanitizer:** As a healthcare professional, Dr. Soza knows firsthand about the importance of hand hygiene. That's why she emphasizes the importance of keeping hand sanitizer to reduce the risk of getting sick or spreading germs.

Soza recommends finding sanitizers that also moisturize your skin to prevent your hands from drying out, like Touchland's Hydrating Hand Sanitizer.



**Water bottle:** Hydration is the key to good health, including healthy skin. To prevent dehydration and ensure you have access to water all day, Soza suggests carrying a water bottle in your bag. Pick out a water bottle that has a secure top so you can throw it into your bag without worrying that it will spill over. Fill it up before you leave the house and refill it as needed.

## Skincare



**SPF:** Whether you have an extensive or bare-bones skincare routine, SPF products should always be on your essentials list. Even if you put on sunscreen before leaving the house, you'll need to reapply throughout the day.

Dr. Soza's personal pick is Neocutis Réactive+. This antioxidant serum offers broad spectrum SPF 45 to protect against skin-aging free radicals and harmful sun damage that causes premature skin aging.

"For over a decade, I've been continuously impressed by the consistent efficacy of Neocutis products," said Soza. "As a dermatologist who constantly evaluates skincare for both myself and my patients, I appreciate that Neocutis products, such as Réactive+, are research-backed and actively support the skin's collagen, elastin and hyaluronic acid, all while protecting the skin from free-radicals and harmful sun damage."



**Eye cream:** The delicate skin under your eyes can have trouble retaining moisture. To keep your under-eyes hydrated throughout the day and reduce the appearance of fine lines and wrinkles, make sure to include an eye cream in your essentials.

Choose a hydrating and brightening cream like Neocutis Lumière® Firm as a midday pick-me-up. Its advanced aging formulation moisturizes delicate skin while also improving firmness, elasticity and texture. Lumière® Firm is also designed to reduce puffiness, making it the perfect solution for moms on-the-go who need a quick and effective refresh.



**Facial mist:** During a hot day, it's hard to keep your makeup looking good while beating the heat. That's why it's a smart idea to keep a facial mist on hand to freshen up!

Soza suggests finding a mist with skincare benefits that can be applied throughout the day like Avène Thermal Spring Water Spray. With just a few spritzes your skin will be soothed, letting you look and feel your best from morning to evening.



**Lip balm:** Lip balm isn't just for hydrating your lips. Of course, its main purpose is to keep your lips moisturized and protected, but it's an incredibly versatile weapon in your on-the-go arsenal. Soza's "do-it-all" lip balm is Aquaphor as it can also tame flyways, hydrate dry cuticles, and quickly fix a dry skin patch.

## Wellness



**Headphones:** Physical health items aren't the only essentials you need to pack. Dr. Soza advises keeping a pair of headphones in your bag to give yourself a private escape. It's a great way to center yourself with music, podcasts or audiobooks, even in public places. For example, she listens to music to relax when she's commuting or in between patients.



**Immunity stick packs:** If you haven't used immunity stick packs before, it's time to start! As a new mom, Dr. Soza knows how important it is for moms to bolster their immune system, especially if they have small children.

She advises searching for your favorite flavored, pre-portioned stick packs that have vitamin C, electrolytes, zinc and antioxidants to help ward off colds year-round.

## What's In Your Bag?



No matter how busy your day is, you can give yourself the tools you need to support your health, wellness and skin. Using Soza's essential recommendations, you can ensure you always have what you need to take care of yourself, even during your busiest seasons.

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# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Alliance of Gig Workers will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131, on Wednesday, August 20, 2025 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

**PROXY**  
**Alliance of Gig Workers**  
**August 20, 2025 Annual Meeting of Members**  
**THIS PROXY IS SOLICITED ON BEHALF OF**  
**ALLIANCE OF GIG WORKERS**

The undersigned member of Alliance of Gig Workers does hereby constitute and appoint the President of Alliance of Gig Workers, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Alliance of Gig Workers and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [ ] , or to [ ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:  
Ryan Kerner, Scott Warman, and Tim Twellman
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2025

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri  
July 22, 2025  
Date



# alliance of gig workers

The Alliance of Gig Workers is a non-profit organization serving the goals and needs of small businesses, the self-employed, independent contractors, and entrepreneurs from across the nation. Since its inception Alliance of Gig Workers has been dedicated to providing benefits and resources to help its members with professional, lifestyle and health-related benefits, as well as advocacy opportunities so they can have a voice on issues that may impact their success. Despite changes to the economy and the health care landscape that have made an uncertain future, Alliance of Gig Workers is focused on assisting its members in any way possible and growing into a leader for the independent business person.

At Alliance of Gig Workers we seek out quality benefits, services and resources to help members succeed by reducing costs and taking control of both their personal and financial health. With the group buying power of an Association Alliance of Gig Workers members receive discounts on business, health and even consumer products and services. As well we strive to provide our members with valuable information relevant to your life. Alliance of Gig Workers shares information on business, finance, wellness, lifestyle, nutrition, philanthropy and more through our newsletters, website and emails.

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in each membership level. For more information, or to upgrade your membership, contact Membership Services Office, Alliance of Gig Workers, 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 or (800) 992-8044.

**The Wellness Review is published by:  
Alliance of Gig Workers**