



# *I AM...WOMAN*

## A Healthy New Me!

### Program Overview

The Columbia Urban League in partnership with Community Voices: Healthcare for the Underserved at Morehouse School of Medicine and General Mills are hosting a series of **FREE** educational health workshops. The workshops target African-American women ages 18 and up and their children. These workshops will focus on way to incorporate healthier eating, exercise, and stress management into a busy schedule.

#### Workshop Sessions topics may include:

- Introduction to Healthy Lifestyles Program: Learning about the program, free health screenings, and how to develop goals for the family.
- Nutrition and Chronic Diseases: Learning about diseases such as diabetes, obesity and heart disease as well as learning the basics of good nutrition and healthy foods.
- Nutrition Literacy and Building Nutritional Competence: Learning about the USDA food pyramid, healthy grocery shopping on a limited budget, menu planning, and portion control.
- Session Four, Combating Stress and Emotional Eating: Learning about stress, coping with stressful situations, depression, and emotional eating.
- Strategies for Healthy Eating and Exercise: Learning about healthy meals, weight loss, and how to add physical activity to your day.
- Partner with Your Healthcare Provider: Learning about questions to ask your healthcare provider, the importance of primary care, and how to promote healthy lifestyles.
- Celebrating Your Healthier Family: Learning about ways to continue living a healthy lifestyle, free health screenings, and establishing goals for a healthier life.

#### How does the Program Work?

- Working in partnership with community health workers, who live in the community, workshop participants will learn innovative strategies for improving their overall health and well-being.
- Sessions are held from 11 a.m. to 1 p.m. on Tuesdays and Noon to 1 p.m. on Wednesdays at the Bethel Bishop Community Center, located at 100 Ripplemeyer Avenue, Building 15 Columbia, SC, 29203.
- Participants will have the opportunity to receive cash, prizes, and free nutritional snacks for being a part of the program.
- Free childcare and transportation to program events will be provided.

#### Need More Information?

For more information on this project, or to learn how you can participate contact Willistine Mitchell-Lagree or Jessica Cornish with the Columbia Urban League at (803) 799-8150.

#### About Columbia Urban League

The Urban League is the nation's oldest and largest community-based movement devoted to empowering African Americans to enter the economic and societal mainstream. The Urban League movement was founded in 1910. The National Urban League, headquartered in New York City spearheads our non-profit, non-partisan, community-based movement. The heart of the Urban League Movement is our professionally staffed Urban League affiliates in more than 100 cities in 34 states and the District of Columbia. The mission of the Urban League movement is to enable African Americans to secure economic self-reliance, parity, power and civil rights. To achieve this mission the Urban League focuses on a five point strategy which covers Education and Youth Empowerment, Economic Empowerment, Health and Quality of Life Empowerment, Civic Engagement and Leadership Empowerment and Civil Rights and Racial Justice Empowerment.

#### About General Mills

One of the world's leading food companies, General Mills operates in more than 100 countries and markets more than 100 consumer brands, including Cheerios, Häagen-Dazs, Nature Valley, Betty Crocker, Pillsbury, Green Giant, Old El Paso, Progresso, Cascadian Farm, Muir Glen, and more. Headquartered in Minneapolis, Minnesota, USA, General Mills had fiscal 2009 global net sales of US\$15.9 billion, including the company's \$1.2 billion proportionate share of joint venture net sales.

#### About Community Voices

Community Voices' mission is to increase enrollment of eligible people into public programs and to improve healthcare access and quality for the underserved by providing models for change and improvement. Program outcomes must include a greater focus on primary care and prevention, preservation and strengthening of the community health care safety net, implementation of a stronger health care delivery system, and development of best practices for communities to adapt to unique circumstances. Community Voices believes it is not enough to implement programs without establishing a framework for how they operate an evaluation process, and methods to document those findings so that adjustments can be made.



Empowering Communities.  
Changing Lives.

