



WELLNESS FOR GROWTH
FOUNDATION

Wellness for Growth Introductory Letter

The **Wellness for Growth Foundation** was created in Houston, TX as a social initiative. *Our mission is to empower underprivileged Hispanic women through integral health & wellness education and skills for economic growth to improve their quality of life and that of their families.*

It was founded in 2012 by two Hispanic women motivated by the idea of making a meaningful and positive impact in the Hispanic community. Since then, Wellness for Growth has become a community pillar and a women empowerment engine that has propelled the lives of over 800 families.

Following our leadership's vision, we created a comprehensive educational platform that is innovative and practical. We teach an 6 to 8-week long educational program in schools that serve minority communities.

The platform is based on **4 components for growth**: *Integral Health & Wellness Education, Skills for Socioeconomic Growth, Income-generating Opportunities and Entrepreneurial Education.* Each program teaches nutrition & wellbeing, computer skills, English, personal finances, self-esteem & leadership, arts & crafts, and entrepreneurship.

The Foundation has implemented 12 two-month-long Integral Education Programs, and 27 on-line and on site Education Workshops in the following school districts and charter schools: Houston ISD, Katy ISD, KIPP and Alief ISD.

Find more information about our programs, our programs' results, media interviews, videos, testimonials and much more at www.wellness4growth.org.

The Wellness for Growth Team

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