



## WELLNESS FOR GROWTH FOUNDATION

Dear Patron,

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 350 families.

Following our leadership's vision, we created a comprehensive educational platform that is innovative and practical. We teach an 8-week long educational program in schools with a high low-income Hispanic population.

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 our comprehensive Educational Programs in eleven schools in the following school districts and charter schools: Houston ISD, Katy ISD and KIPP. We also expanded our offerings to English Series and Workshops in KIPP and Alief ISD schools.

Find more information about our programs, our programs' results, media interviews with ABC, Univision, and Telemundo, videos, testimonials and much more at **[www.wellness4growth.org](http://www.wellness4growth.org)**.

*If you wish to join us in this wonderful journey of women empowerment, receive information about our events and programs, become a sponsor or pledge a donation, please contact us at:*

**Web:** [www.wellness4growth.org](http://www.wellness4growth.org)

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