



WELLNESS FOR GROWTH
FOUNDATION

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Wellness for Growth Introductory Letter

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

Wellness for Growth was founded in **2012** by two Hispanic women committed to fostering women's advancement. Since then, it has become a community pillar and a female empowerment engine that **has changed the lives of over 900 underprivileged families**.

Our team developed a comprehensive, innovative, and practical **educational platform** based on **4 components for growth**: Integral Health & Wellness Education, Skills for Socioeconomic Growth, Income- generating Opportunities and Entrepreneurial Education.

Some examples of our **empowering class topics** are nutrition & wellbeing, computer skills, English, personal finances, self-esteem, resilience, healthy family habits and communications, leadership, art therapy, job seeking preparation, and entrepreneurship.

We teach **online** and **onsite community talks** in **English** and in **Spanish**, as well as **2-month long** education **programs** in minority majority schools in **Houston ISD, Katy ISD, KIPP, and Alief ISD**.

Our team takes pride in our commitment to financial efficiency and transparency. We hold a **Candid Platinum Seal of Transparency**, and **over 80% of our funds** are directly **allocated to education initiatives**, ensuring that your generosity creates lasting change.

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

Sincerely,
The Wellness for Growth Team



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 Wellness for Growth

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