

WOMEN'S HEALTH & MONEY @ WORK

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IRIS CANTOR-UCLA
WOMEN'S HEALTH
CENTER

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PROGRAM

Women's Health & Money @ Work is a free program that helps low-to-moderator income women in achieving health and financial equity. Incorporating health education and financial literacy, women learn about healthy eating, active living, money management, and asset building. Women receive coaching and referrals to personalize the information for their individual needs and circumstances. Programs are held at worksites, job training centers, WorkSource Centers, schools, and community agencies. The goal is for women to gain confidence in balancing their health and financial challenges and choices on and off the job.

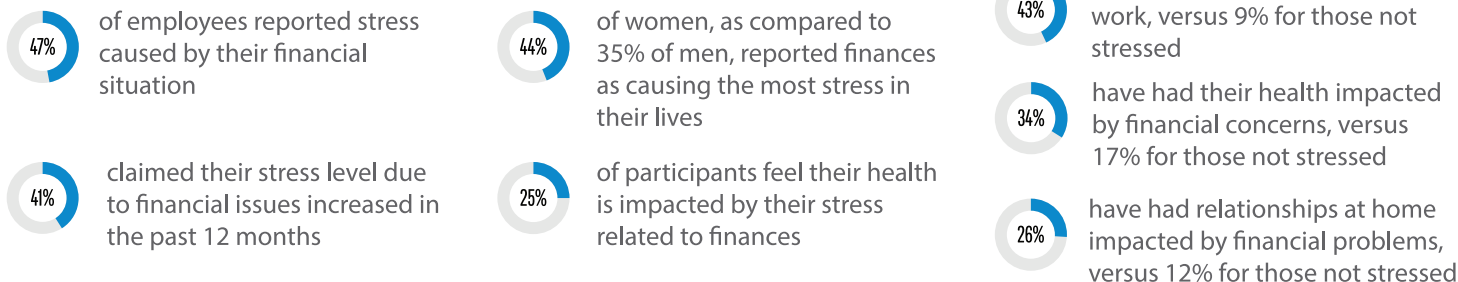
215 women in LA County were reached in 2018 at the following sites:

- Central Cities Neighborhood Partners
- LA Academy Middle School
- LA Trade Tech College
- Hooper Elementary School
- LA Care Family Resource Center
- Marina Towers
- Institute of Popular Education of Southern California (IDEPSCA)
- LA Hospitality Training Academy
- Salvadorian Consulate of LA
- LA Ministry Project
- Salvation Army

Erika Toriz, Executive Director,
Haven Neighborhood Services, at
Central Cities Neighborhood
Partners' graduation.



According to PricewaterhouseCooper's "2018 Employee Financial Wellness Survey":



Employees who are stressed about their finances, when compared to those who are not:

FINANCIAL SUPPORT PROVIDED BY:

Executive Advisory Board of the



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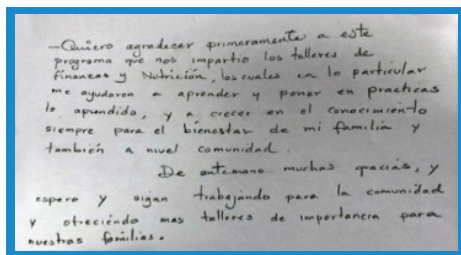
L.A. Care
HEALTH PLAN

blue of california



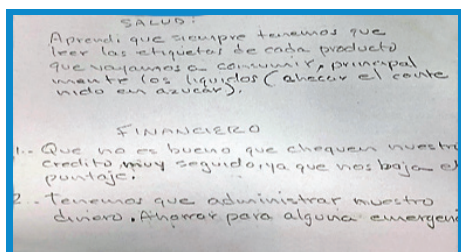
Bank of America
Merrill Lynch

Testimonials



"In the nutritional workshops, I've learned that we always have to read the labels of each product we plan to consume, primarily liquids (such as checking their sugar content). Regarding finances, I learned that it is not good that they check our credit very often as the score goes down. In addition, I learned that I have to manage my money and save for an emergency."

-Consuelo (Salvation Army, LA Red Shield Youth and Community Center)



"Before receiving these workshops, I did not know much about finances and eating healthy, but now I am making positive changes. As soon as I get the amount of my expenses, I make my own budget. After receiving the nutrition workshop, I have also begun to drink water and eat vegetables and fruits. Thank you!"

-Carmen (Institute of Popular Education of Southern California, IDEPSCA)



"I was happy with the class because I gained the knowledge to make positive health and financial changes for myself and my family."

- Lina Arreola

Building Skills Partnership graduation at Marina Towers

Meet our Financial Literacy and Nutrition Coaches

Erika Toriz is Founder and Executive Director of Haven Neighborhood Services, a non-profit credit and housing counseling organization. By focusing on consumers that are marginalized without access to basic financial principles, Haven Neighborhood Services helps them begin to make better financial decisions and take advantage of economic opportunities.



Luz Chacón is a Wellness Coach, health educator, workshop facilitator and trainer. She has extensive experience implementing health promotion programs in community clinics, hospitals, nonprofit health and social service organizations, WIC agencies, schools, and worksites. She works towards inspiring women to improve their health by making healthier food choices.

Building Skills Partnership Staff Delivering Programs to Janitorial Workers

Karen Aragon is a Health Educator & Coordinator responsible for coordinating and expanding the health program in Los Angeles and Orange County. She participated at the 2016 American Public Health Association's Annual Meeting and Expo, where she presented on BSP's Worksite Health Education Program. She has a master's in public health and is a Certified Health Education Specialist.



Monica Zambrano is the Financial Education Program Coordinator where she implements, coordinates, and develops the financial education program to help families attain financial stability. She gained her financial coaching techniques by becoming a Financial Coach through the Central New Mexico Community College and has received training for certification with NeighborWorks to Deliver Effective Financial Education for Today's Consumers.

For more information, please contact:

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