

Women's Health & Money @ Work™

January-March 2018 Newsletter

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helps low- to-moderate-income women attain better health and economic and financial security.

Educational and coaching programs on healthy eating, active living, and money management are held at worksites, job training centers, WorkSource Centers, schools, and community agencies. The goal is for women to learn to balance their health and financial challenges and choices on and off the job.



HEALTH AND FINANCIAL CLASSES

Classes at 201 N. Figueroa.

Conducted by Building Skills Partnership for janitorial workers.



FINANCIAL SUPPORT

This project is funded in part by L.A. Care Health Plan and will benefit low-income and uninsured residents of Los Angeles County



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UPDATE FOR 2018

Through a generous grant from LA Care, the efficacy of conducting nutrition education programs alone vs. conducting nutrition education and financial literacy together will be evaluated.

A series of 6 sessions will be held at schools, workplaces, job training centers, and community centers. Gift cards will incentivize participation in the sessions and in the two- and four-month follow-up phone surveys to assess behavior changes.

The integrated curriculum includes individualized coaching and educational sessions with interactive activities and group discussions.

TESTIMONIALS

"I am really happy that the classes [were given] to us in the workplace. I enjoyed participating in them because little by little I was able to change some of the bad things that I do for the better."

"After taking the classes I try not to eat as much bread and have more nuts because they have more protein and keep me fuller, I also try to drink more water instead of sugary drinks."

"I was able to share what I learned in the classes with my children and family. I let them know that it's important to save money and that it can be easy. Now every month I save \$25 from my check and put it in to my savings account."

"I [used] to be confused when I would purchase food products with food labels. I wasn't quite sure how to read them. I knew if I understood how to read the label I could make healthier food choices for me and my family. After attending the class, I am now able to make those healthier choices for me and my family."

NUTRITION EDUCATION WORKSHOP

The nutrition education workshop at Lietchy Middle School was conducted in Spanish by Maria Talavera from Worksite Wellness L.A.



FOR MORE INFORMATION:

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