

Women's Health & Money @ Work™

January - April 2019 Newsletter



PROGRAM

Women's Health & Money @ Work™ helps low-to-moderate-income women in achieving health and financial equity. Health education and financial literacy programs on healthy eating, active living, and money management, along with individualized coaching and referrals. These programs 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.



Participants from Central Cities Neighborhood Partners celebrate completing the program with Maria Talavera, health educator with Worksite Wellness LA, and Jose Figueroa, financial coach and Community Programs Manager at Broadway Federal Bank.



Instituto de Educación Popular del Sur de California (IDEPSCA) holds program for domestic workers. Erika Toriz-Kurkjian, Executive Director of Haven Neighborhood Services, led the financial literacy classes and Maria Talavera, health educator with Worksite Wellness LA, led the nutrition education series.

Financial Support Provided By:



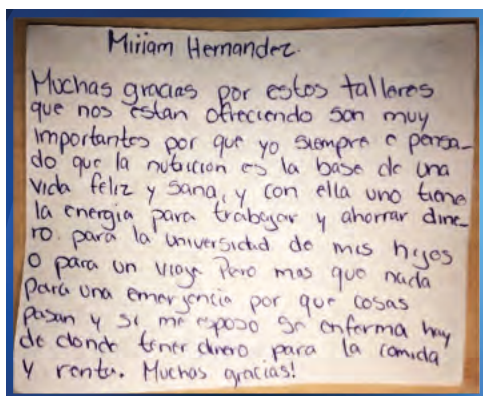
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Testimonials from the LA Ministry Project



Erika Toriz-Kurkjian, Executive Director and financial coach at Haven Neighborhood Services, teaches a finance class at the Los Angeles Ministry Project in South Central.

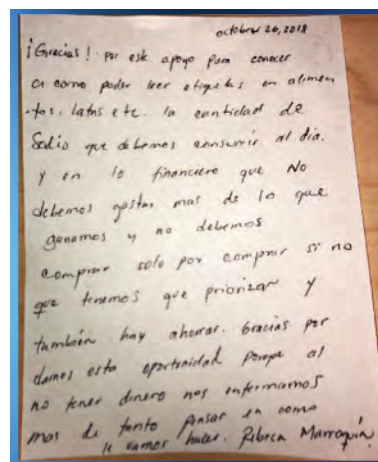


"Thank you very much for these workshops that are very important, because I've always believed that nutrition is the basis for a happy and healthy life, and with it I have the energy to work and save money for the university of my children or for a trip, but most importantly in case of an emergency if my husband gets sick we would have the necessary money for food and rent. Thank You!"

- **Miriam Hernandez**

"Thank you for your support in teaching me how to read nutritional labels in food cans and the amount of sodium that we should be eating a day. The finance workshops have also been very beneficial, I've learned not to spend more than I earn and that we should not just buy, instead we must prioritize and save. Thank you again for this opportunity because, having no money makes us even more sick and worried about making ends meet.

- **Rebecca Marroquin**



AIMS

The Women's Health & Money @ Work™ program provides knowledge transfer, life skills training and new educational opportunities aimed at elevating income stability and building social capital.



NUTRITION

The nutrition program teaches smart comparison shopping, label reading, purchasing healthy low-cost food, healthy eating and active living. Individualized coaching helps participants with meal planning and budgeting.



FINANCIAL LITERACY

The financial literacy program discusses timely bill payments, savings, planning for emergencies, reaching one's financial goals, and understanding the role of financial institutions. With coaching assistance, participants are given the tools to strive towards reaching their financial goals.

FOR MORE INFORMATION, PLEASE CONTACT:

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