

Women's Health & Money @ Work™



PROGRAM

Women's Health & Money @ Work™ helps low-to-moderate-income women attain better health and economic and financial security through educational and coaching programs on healthy eating, active living, and money management. 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 on and off the job.



Participants at the Central City Neighborhood Partners reception program receiving certificates for completing the six session nutrition and finance course



Nutrition Program Participants at LA Care Family Resource Center, Lynwood Presented by Worksite Wellness LA

Financial Support Provided By



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TESTIMONIALS

Everybody is learning how to save for retirement and how to budget. By being healthier employees, they do a better job. They know how important it is to drink water and no soda and read labels. Women learn how to teach their grandchildren how to be healthier.

-Daniel Rivas, Supervisor of Janitorial Dept., Night & Day Crew at Watt Plaza program in Century City



Jose Figueroa Community Partnerships Manager, Broadway Federal Bank, conducts financial literacy program at Central City Neighborhood Partners

Learned about healthy eating and will start to invest. Before didn't know how to check credit status and how to use banks, but later learnt how to use banks.

-Participant at the Watt Plaza program in Century City conducted by Building Skills Partnership

These workshops are great! I've always struggled with my weight and I've always felt out of shape. During these workshops I've learned the importance of exercising daily and the importance of making time for it. Since attending these workshops I now have the motivation to exercise daily and also watch what I eat. Thank you!

-Participant at the LA Care program conducted by Worksite Wellness LA

Fascinated by healthy eating and exercise and walking. Learned about portion control, open credit union accounts, how to save and get into a budget.

-Participant at the Watt Plaza program in Century City conducted by Building Skills Partnership



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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