

# WOMEN'S HEALTH & MONEY @ WORK™



*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.*



Nutrition education and financial literacy classes conducted by Building Skills Partnership for janitorial workers at the Watergarden in Santa Monica.



Worksite Wellness LA conducts financial literacy and nutrition education program at Magnolia Place.

Maria Talavera (third from left), from Worksite Wellness LA, with women who completed a series of six sessions on nutrition and financial literacy.

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Sheila and Richard Rozman

## TESTIMONIALS

*A female participant had a lot of health issues, among them a very high blood pressure. She said she was told by her doctor to go to nutrition classes. She thought that she could eat a whole watermelon because it was fruit, or that she could drink a whole glass of freshly squeezed orange juice. She did not know that they contain high amounts of sugar. She was very grateful to us for explaining the real concept of sugar and felt empowered to bring the sugar level down in her diet and start a healthier diet for herself and her family.*

**–Maria Talavera, Health Educator at Worksite Wellness LA**

*I like that the classes reminded me to eat healthily. We learned how to read the labels of food. I didn't realize how much sugar the soda drinks have; instead of drinking soda I now cut up pieces of fruit and put them in my water.*

**–Building Skills Partnership Participant**

*The health and financial literacy programs have helped the janitorial workers I supervise become wiser in the financial and health aspects of their lives. They learned to do their purchases for a "need" rather than a "want." Parents are teaching their children to save money, start a bank account, and create a line of credit, which will help them with student loans for their college education. Employees have learned to eat better and manage their health. These benefits have made my employees more productive, boosted their morale, helped with teamwork, and reduced stress at work caused by worries about health and money issues.*

**–Miguel Alferéz, Project Manager, Allied Universal Services**

*By participating in the classes I got the idea of saving money once a month from my paycheck to pay down my debt.*

**–Building Skills Partnership Participant**

*In this class we learned how to stop buying unneeded things in a compulsive manner just because they were cheap; they taught us how to manage our money. Now we are debt-free and know how to spend our money better. We are starting to save to buy a house, save for our children's education, and prepare for our retirement.*

**–Worksite Wellness LA Participant**

### FOR MORE INFORMATION, PLEASE CONTACT:

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