The Program

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.

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.
TESTIMONIALS

“On many occasions I struggled with eating poorly when having to deal with the everyday stress of raising a family and having to go to work. Attending this presentation has made me aware of the importance [of] eating healthy when in a stressful situation.”

- Dulce, working mother of three children, Worksite Wellness L.A. participant at Academy Middle School

“Good health and finance is the key to building generational wealth.”

- Karen, single mother, Los Angeles Trade Technical College

“I really appreciate… the workshop and the suggestion to focus on one goal at a time, to accomplish that goal, and then move to the next goal.”

- Esther, Los Angeles Trade Technical College

“My finances for my family of 5 is a mess. But I feel it will get better after the end of the workshop…”

- Frances, mother, Los Angeles Trade Technical College

“I like to spend, so I’ve learned to set a financial goal for the future, for my retirement. Time passes and we need to have a plan, a goal. As for nutrition, I try to take care of myself by eating a balanced diet. I don’t eat tortillas anymore. I understand the difference between my movements at work and actual exercise. I exercise three times per week and the more I exercise, the more energy and strength I feel at work.”

- Maria, Janitor and mother of four Building Skills Partnership participant at Watt Plaza

FOR MORE INFORMATION

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