



Women's Health and Wellness

Educate

Empower

www.ywboston.org/womenshealth

Ensuring all women have the health information they need, and the wellness support they deserve.

Many women face so many demands on their time and resources that prioritizing their personal health becomes a challenge. YW Boston ensures no woman is marginalized from its wellness services by offering free health information and support through workshops in community settings, text messages, and telephone calls. The program reaches women who are incarcerated, homeless, and other groups of underserved women of all ages.

YW Boston's Women's Health and Wellness program offers the following free services:

- **Health and Wellness Workshop Series**, covering essential topics in physical, mental, and emotional health and held in community settings with partner organizations
- **Healthy Text Reminders**, sending text messages reminding women about recommended screenings (available in Spanish)

To discuss Women's Health and Wellness programs, contact Nina Sennott, Health and Wellness Manager, at **617-585-5471** or nsennott@ywboston.org.

“The program presented to the homeless mothers at our center was invaluable! The women thoroughly enjoyed each and every workshop, and certainly left with both increased self-esteem and a greater understanding of the topics covered.”

Lauren Antonelli-Zullo
St. Mary's Center for Women and Children

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eliminating racism
empowering women

yw
boston

150 years

Partnering to enhance services

Unfortunately, many women do not have traditional access to health care and education. In order to bridge this gap, YW Boston's trained, multilingual health educators travel to where women are – whether that is in a homeless shelter, halfway home, or a prison – to bring expertise and resources that may be otherwise unavailable to the women served or housed there.

The six session curriculum covers the topics most important to women's long-term health and wellbeing, including:

- Self-esteem
- Diabetes
- Sexual health
- Domestic Violence
- Breast health
- Heart health
- Healthy relationships
- Stress management

Partner Sites

Boston Office of Community Corrections
Crittenton Women's Union
Family Resource Center
Hildebrand Family Self-Help Inc
Mujeres Unidas Avanzando
McGrath House
Nurtury Learning Lab
Phoenix House
Project Hope
Rosie's Place
Smart from the Start Roxbury
Sojourner House
St. Ambrose Family Shelter
St. Mary's Home
Suffolk County House of Corrections
Women's Lunch Place

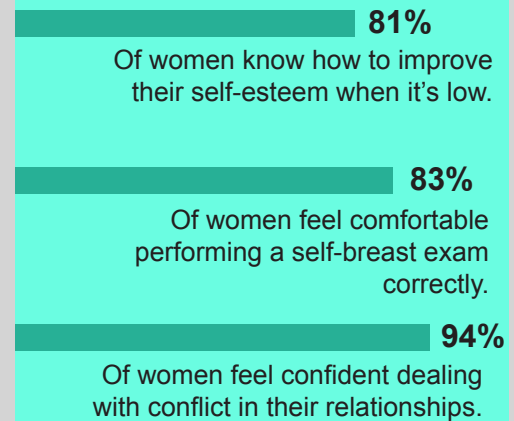
Inspiring lasting change

In addition to key health information, women in YW Boston's Women's Health and Wellness workshops are taught skills that empower them in all aspects of their lives. They also benefit from the supportive group setting of the workshop. Following the workshop series, women have reported such changes as:

- Recognizing and making healthy choices
- Prioritizing personal physical, emotional, and mental health
- Getting recommended screenings
- Sharing information with physicians
- Acknowledging drug abuse
- Addressing abusive relationships

To ensure the effectiveness of the workshop series, YW Boston evaluates change in participants' knowledge, attitude, and behavior.

After YW Boston's health and wellness workshops:



About YW Boston

YW Boston is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. As the first YWCA in the nation, we have been at the forefront of advancing equity for 150 years. We have remained a leader through generations by turning the support of those that envision a better Boston for all into creative, effective programs that make positive change.

We have a deep understanding of the problems of racial and gender inequity, and we know what works – engaging people and organizations at all levels. Our programs that educate + empower reach middle school girls, police officers, corporate executives, high school youth leaders, policymakers, and Boston area residents of all walks of life. Everyone we connect with learns what they can do to promote equity in their personal life, social circle, workplace, school, or neighborhood.

To learn more about our programs and how you can get involved, visit www.ywboston.org.