



Black Women for Wellness

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BLACK WOMEN FOR WELLNESS FACT SHEET

About Black Women for Wellness

Black Women for Wellness is committed to healing, educating, and supporting Black Women! As a non-profit organization, **Black Women for Wellness** is able to seek funding and accept donations to support our programs. BWW is a non profit corporation under Section 501 (c) (3) Revenue Code. Financial contributions to BWW are tax deductible.

Black Women for Wellness' Mission

- Black Women for Wellness believes in preventing illness through education, self-empowerment, mutual support, rites of passage, and celebrations based on traditions created by Africans around the world.
- Black Women for Wellness is building a healthy community by looking within to cultivate motivation, strength, and dedication.
- Black Women for Wellness works to end the historical patterns and practices of institutional racism and dangerous lifestyle patterns that perpetuate illness and disease in our communities.
- Black Women for Wellness consciously made a decision to use the term Black, we use and define Black women as an inclusive term, for all women of African descent, whether born in the United States, in the Caribbean, Europe, on the continent of Africa or in the Pacific Islands. So when you read and see Black Women on this website, be included!

Black Women for Wellness Purpose

- Gathering and sharing research on the history and current challenges and issues of Black women's health.
- Training speakers for panel discussions, academic lectures and organizational programs on all aspects of Black women's health.
- Providing health education and information on strategies to prevent illness and maintain and restore health.
- Referring women to culturally sensitive health providers and counseling services.
- Advocating for African women's health through memberships on boards, commissions & task forces and publishing information and education on from our perspective.

History

Black Women for Wellness started as **Sisterfriends** with the Birthing Projected in Los Angeles in 1994. We began as a group of women concerned about the health and well-being of our babies.

As grandmothers, mothers, aunties, daughters, and sisterfriends, we found we had no choice but to take on the plethora of health issues Black women encounter.

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