

WOMEN'S HEALTH AND WELLNESS

HealthyHER HaBITS


PROGRAM DETAILS

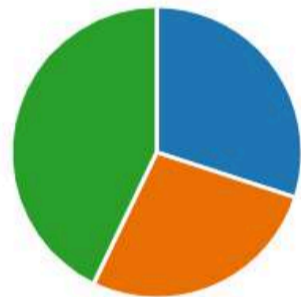
The Health Promotion Team offers a Women's Health and Wellbeing program empowering women to prioritize their physical, mental, and emotional well-being. The program includes functional exercises, nutrition workshops, stress management techniques, self-care practices, and empowering expert talks for holistic health.

DEMOGRAPHY

Age Range

[More Details](#)

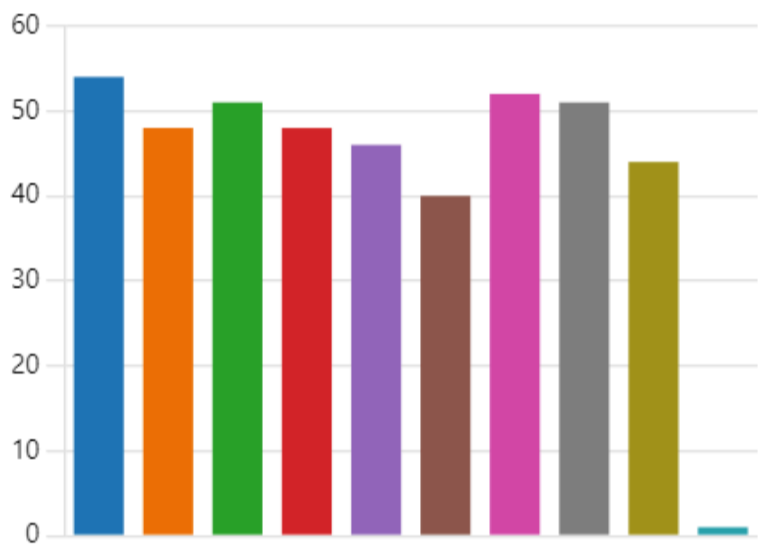
 18-34	21
 35-54	19
 55+	30



[More Details](#)

PRE-PROGRAM GOALS FROM PARTICIPANTS

 Improving overall strength and f...	54
 Stress reduction	48
 Nutrition education	51
 Mental health	48
 Preventative health (reducing ris...	46
 Social support	40
 Holistic wellness (physical, ment...	52
 Self-care	51
 Physical activity	44
 Other	1



ATTENDANCE

Total registration: 60
 Total sessions: 18
 Average session attendees: 10

PROGRAM SCHEDULE

When 📅 -
 Every Tuesday
Time 🕒 -
 10.00 AM – 11:00 AM
Where 📍 Zoom
Who is eligible
 Women ages 18 and above





KEY LEARNINGS

By participating in this program, participants not only improved their health but also became part of a supportive community of like-minded individuals.



1 Physical activity



- 66% reported not being engaged in physical activity prior to attending the program
- 75% reported improved physical activity post-program
- 75% reported incorporating knowledge or skills gained from the workshops in their regular fitness routine
- 50% reported that the workshops helped them to achieve specific fitness goals.

2 Mental health

- 75% reported applying workshop learnings in to their daily life
- 50% reported their post-workshop awareness of mental health and self-care as good



3 Nutrition



- 5-Average rating on overall diet on a scale 1 to 10 (1 being poor, 10 being excellent) pre-workshop
- 9-Average rating on knowledge of nutritional needs (1 being poor, 10 being excellent) post-workshop

4 Preventative health

- 90% reported being very aware of the importance of early cancer screening post-workshop
- 9-Average rating on how to prevent/decrease chances of becoming ill (1 being poor, 10 being excellent) post-workshop

HealthyHER HaBITS workshop series has made a positive impact on participants, fostering a sense of empowerment, community and improved well-being.

