

Organization: Alleghany Wellness Center

County: Alleghany**Address:** P.O. Box 1735
Sparta, N.C. 28675**Phone:** 336-372-2944**Website:** <http://www.alleghanywellnesscenter.com/>**Project:** Educational Sessions for Latina Health, Physical Activity and Wellness*****Below are excerpts from their final report*****

About the Project: The Healthy Start grant was used by the Alleghany Wellness Center in partnership with Alleghany Partnership for Children, DANA and the Family Resource Center to provide a six week program to Latino mothers and a six week program to at-risk teens (educating and promoting wellness).

The Latino mothers group met once a week at noon when they received 1.5 hours of class time in areas such as self-esteem, nutrition, and goal setting. This also included one hour of fitness in the areas of yoga, core strength, swimming, self-defense, and Zumba (among many others). Lunch was served and childcare was provided. Referrals for the Latino mothers group came from The Learning Place, a literacy program for the Latino community. Each participant was given a t-shirt at the end of the program and five free passes were given away in a drawing.

The at-risk teens attended 1.5 hours of class time after school in the areas of problem solving, self-esteem, getting along with others, nutrition, etc. Afterwards, they participated in one hour of fitness in the areas of swimming, spinning, self-defense, core strength, yoga, etc. Teens were referred by the Juvenile Court Counselor and the local high school. Each participant was given a t-shirt at the end of the program and five free passes were given away in a drawing.

Successes: Both programs had a positive impact on the participants. The participants learned valuable lessons on how to improve and maintain their health. Many of the participants in both groups were low-income, so the fitness program provided by the Alleghany Wellness Center was an opportunity they might not otherwise have. Both groups were attentive and enjoyed the programs.

The Latino ladies bonded well and plan to attend a monthly support group together. Some indicated their desire to join the Wellness Center, which offers a sliding fee scale. The grant provided an opportunity for a group of women who often feel excluded from the community because of language barriers and poverty to participate in services offered in the county. It enabled them to recognize resources in the community that can help them and their families stay safe and healthy.

The teens learned a valuable lesson that everyone has problems. They learned ways to cope with their problems in a healthy manner as well as the importance of maintaining a healthy lifestyle.



