

Organization: Bethesda Health Center**County:** Mecklenburg**Address:** 133 Stetson Dr.
Charlotte, N.C. 28262**Phone:** 704-596-5606**Website:** <http://www.ncfreeclinics.org/ClinicProfile.aspx?ClinicID=8a6a8372-ada7-4875-ab30-1db15dedb676>**Project:** Event/ Para Ti Mujer*****Below are excerpts from their final report*****

About the Project: With the assistance of this grant, we were able to have a health day for women called, “Para Ti Mujer.” It was an all day event that included medical screenings, classes, nutritional meals, and a keynote speaker. The classes that were offered were: Zumba, Yoga, Nutrition, and Massages. Each woman was able to choose two classes. The health screenings covered blood pressure, glucose screenings, BMI indexes, and cholesterol checks. After receiving their results, each woman was able to sit down with a doctor to have their results explained to them. If further action was necessary, the doctor was able to provide them with needed information for next steps.

The population served was Spanish-speaking Latina women, ages 16 to 55. There were a total of 90 women in attendance (with 35 children), which was the goal amount. They were reached through various mediums including: mailers, flyers, radio and newspaper announcements in the Spanish-speaking sectors. There were 32 volunteers involved in this project.

Successes: 80% of the women registered do not have a regular doctor. The fact that they were able to get these screenings done could have a huge impact on their health. Those that do need follow-up can use the resource information provided to get the care that they need. 97% had never attended a health screening or education fair in the past. This was their first experience in attending something focused on their health. 100% of the women gave this experience a terrific evaluation, thus leaving a good ‘taste’ in their mouths regarding health as well as healthcare providers.

Women who previously had no handle on their health situation are now empowered to take control of their futures. They have the tools necessary to make their lives fuller and healthier. This also aided in bridging the gap between these women and healthcare providers. They were able to see another side



of the industry besides just the medical office or hospital. They were able to see that healthcare providers truly care about their quality of life.