

Organization: Life Support Institute/The Encouraging Place

County: Wake**Address:** 4501 New Bern Ave., Ste. 130-187
Raleigh, N.C. 27610**Phone:** 919-832-0298**Website:** <http://www.theencouragingplace.org/>**Project:** Educational Sessions on Health and Wellness for Women*****Below are excerpts from their final report*****

About the Project: The grant was used to fund the “Waist Up! Waist Down! What Every Woman Ought to Know!” women’s health initiative in four of our service locations around the city. The majority of our population is comprised of low to moderate income women living in and around southeast Raleigh. Women were invited to attend, have refreshments, and listen to speakers who are professionals in their health field. We ended the series with a “Ladies in Red” Luncheon (emphasizing women’s heart health) at West Raleigh Presbyterian Church.

3/6 “You are Getting on My Last Nerve!” (held at Cedarmoor) Tai Bryant Rochelle, Community Outreach Coordinator, N.C. Mental Health

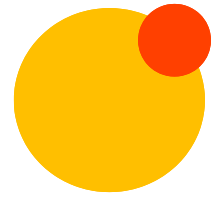
3/12 “What’s Going on Down There!” (held at Walnut Terrace) Dr. Angelia Flanagan, Family Medicine

3/21 “I’m Just Not Feeling Right!” (held at Raleigh Safety & Community Center) Dr. Angelia Flanagan, Family Medicine

3/27 “Looking Out for #1 - I’m Worth It!” (held at Hope School Auditorium) Tonya Eley, Nurse Supervisor, Rex Hospital

Successes: This was the first time that we gave women's health our total focus. Women were given the opportunity to learn invaluable information from professionals in an intimate setting. Attendees had a safe place to ask questions and were told often, “there are no dumb questions, feel free to ask whatever you want!” We were also told to make lists and what kinds of questions to ask when going for doctor visits. All of the speakers took their time, gave in-depth presentations and opened the floor for a question and answer period. It was quite obvious that there was so much women who did not know which may be the reason their health had been neglected. There was much discussion around lifestyle illnesses. This initiative served to empower women with knowledge to better care for themselves.

The N.C. Healthy Start grant gave the Encouraging Place the opportunity to offer women vital information. Had we not received the funding, we would not have been able to offer the women’s sessions free of charge with childcare, meals, and quality speakers. These sessions “forced” us to take a hard look at women's health issues. Mothers and heads of households seldom put their health before those they care for. As much as we say we love ourselves and stress healthy self-esteem, many of us



have neglected good care of our bodies. This realization has moved us to commit to include a women's health topic in this year's Summer Camp for Women and all of our future programs.