



# WOMENS HEALTH FIRST

Community Health Promotion

## How to Join our Programs Call today to sign up!

Also, visit [findhelp.org](http://findhelp.org) to sign up for our Diabetes Prevention Program DPP

We accept referral from local health departments and organizations as well.

Phone **678-777-8961**

Email [info@womenshealth.org](mailto:info@womenshealth.org)

Website [womenshealthfirst.org](http://womenshealthfirst.org)



Community Health Promotion

## OUR MISSION

Our mission is to support humanity by promoting and improving women's health through Health Education, and access to basic needs.

**YOUR TRUSTED, RELIABLE  
SOURCE OF HEALTH INFO.**

## “ ABOUT US

Incorporated in the State of Georgia, Womens Health First (WHF) is a 501(c)(3) United States-based Educational and Humanitarian Aid Organization.

- WHF is dedicated to advancing health equity through community health promotion in Clayton and surrounding Counties, of Metro Atlanta, GA.
- We also empower indigenous women with access to Clean, Safe, Drinking Water in rural Africa - one community at a time -
- Our Target population is Women in marginalized communities.

## OUR VISION

We envision a world, where everyone has equitable access to reliable health information, and basic needs. A world where Women and Girls thrive!

Basic needs such as Water, Sanitation and Hygiene (WASH).





# WOMENS HEALTH FIRST

We believe that everyone, everywhere, should have access to reliable health information to be able to make an informed health decision to improve their health and well-being. We also believe that equitable access to clean drinking water, is a fundamental human right!

WHF is dedicated to improving your health through community health education and access to clean drinking water.

*Drilling Solar-powered wells to provide clean safe drinking water, improve community health, and change everything, in rural Africa!*



## OUR SERVICE

Womens Health First is dedicated to providing you with access to reliable, accurate, up-to-date community health information, backed by our 2 decades of public health expertise. Our goal is to be your number one source of reliable health information and resources, to promote your overall wellbeing. Our services include:

### CHP - Community Health Promotion Program

Host online ZOOM weekly Health Educational, and Slideshow Sessions on Chronic Disease Prevention-Diabetes. Lifestyle modifications tips, and other holistic approaches to help you improve your health



### ASHA - All Sisters Halaqah

-Weekly online and WHATSAPP informational sessions on Halal Food, Menses, Hijab, COVID-19, & more...  
-Collaborate with the community Mosque to conduct a monthly Educational and Support Group to equip Muslim Women with Islamic knowledge to advance their spiritual health and over all well-being. Dinner & incentives are provided.



### CWA - Clean Water Africa

Drill Solar-Powered Wells in rural Africa to empower indigenous women and families with access to Clean, Safe, Drinking Water and handwashing trainings.



**To Donate, Visit:**  
**womenshealthfirst.org**  
Your donation is Tax-deductible



### Eating Good: To Prevent Diabetes



### Africa Water Crisis

Over 400 Million People in Sub-Saharan Africa lack access to clean water to drink (UNICEF)