



More than 1 in 5 women in the United States experienced a mental health condition in the past year, such as depression or anxiety.

“Hey Sistas” is a women’s support group for women of color to focus on health, wellness, and mental health awareness. This program will focus on family caregivers in the 33435–zip code, also known as “The Heart of Boynton Beach,” community. The program launched in May of 2023 during Mental Health Awareness Month with a focus on healthy living and eating. With the assistance of Healthier Boynton Beach, **we can do more.**

Many mental health conditions, such as depression and bipolar disorder, affect more women than men or affect women in diverse ways from men. Through the support of this program, women will work together to develop their leadership skills and find their voice to positively advocate for issues relate to women’s physical and mental health.

The “Hey Sistas” program will address these top questions:

- How do I know if I have a mental health condition?
- How can I have a healthy body image?
- How do eating disorders affect a woman’s health?

Our “Hey Sistas” program will answer these questions for our program participants and help our women address them and improve their way of life. The program will meet monthly starting in July. The meetings will be both virtual and face-to-face. At the conclusion of the program, we will host a women’s conference to celebrate our accomplishments and to address mental health issues. **Learn more at www.rhondaspromise.org**

REGISTER NOW

Please complete below and email to info@rhondaspromise.org

Are you a caregiver? Yes No

Name: _____

Phone Number: _____ Email Address: _____

Zip Code: _____