

## HEALTH WELLNESS

Organization Name	Description	Contact	
100 Black Men of Greater Washington, DC	100 Black Men of Greater Washington improves the quality of life for African-Americans, particularly young males, through programs focusing on health and wellness, economic empowerment and education. Tutoring programs emphasize math and reading for Grades 1–5 and help both students who are falling behind and those that are excelling.	<a href="http://www.100blackmen.org/">http://www.100blackmen.org/</a>	202-734-4882
Athletes United for Social Justice	The Grassroot Project uses sports to educate youth about HIV/AIDS awareness and prevention. The Project empowers youth to lead healthy, responsible lives by teaching critical thinking, decision- making, communication and resiliency.	<a href="http://www.grassrootproject.org/">http://www.grassrootproject.org/</a>	202-559-7923
BOKS, Build Our Kids' Success	BOKS provides elementary school children opportunities for physical activity, showing them the benefits of exercise and healthy choices. BOKS is designed to involve parents, school faculty and administration and community members as advocates, trainers and volunteers.	<a href="http://www.bokskids.org/">http://www.bokskids.org/</a>	781-401-4118
Brainfood	Brainfood uses food and cooking as tools to promote healthy living in a fun, creative and safe environment. Its afterschool program helps teens learn about food, nutrition, cooking and jobs in the food industry by participating in activities, restaurant visits and by cooking with guest chefs.	<a href="http://www.brainfood.org/">http://www.brainfood.org/</a>	202-667-5515
Crittenton Services of Greater Washington	Crittenton Services delivers goal-setting programs that address key issues in the lives of teen women: pregnancy prevention, healthy relationships and teen parenting. By demystifying the key issues of health education, self-esteem, pregnancy, STI prevention and the fundamentals of healthy relationships, Crittenton is creating stronger, healthier communities in the Greater Washington area.	<a href="http://www.crittentonservices.org/">http://www.crittentonservices.org/</a>	301-565-9333
DC Hunger Solution	DC Hunger Solution seeks to create a hunger-free community and improve the nutrition, health, economic security, and well-being of low-income District residents.	<a href="http://dchunger.org">http://dchunger.org</a>	202-640-1088
Family Place	Day center for pregnant/parenting women and their children; offers support groups	<a href="http://www.thefamilyplacedc.org">www.thefamilyplacedc.org</a>	202-265

Food & Friends	The mission of Food & Friends is to foster a community caring for men, women and children living with HIV/AIDS, cancer and other life-challenging illnesses by preparing and delivering specialized meals and groceries in conjunction with nutrition counseling.	<a href="http://www.foodandfriends.org/">http://www.foodandfriends.org/</a>	202- 269-2277
Food for Fuel	Food for Fuel, together with International Fitness Diplomats, develops student athletes both mentally and physically by offering advice and programs about food choices. International Fitness Diplomats' nutrition programs focus on food consumption: why we eat, what we eat, how it affects the body and the economic impact. This program also offers an interactive computer program to further illustrate how the body responds to certain foods	<a href="http://www.internationalfitnessdiplomats.com/">http://www.internationalfitnessdiplomats.com/</a>	202-332-5503
Girls on the Run (GOTR)	GOTR uses the power of running to prepare and educate girls for a lifetime of self-esteem and healthy living. This includes empowering girls to avoid participation in at-risk activities, such as substance/alcohol use, eating disorders and the early onset of sexual activity, sedentary lifestyle, depression, suicide attempts and confrontations with the juvenile justice system.	<a href="http://www.gotrdc.org/">http://www.gotrdc.org/</a>	202-258-7876
Hubbard Place Urban Village	Hubbard Place provides educational, cultural and recreational opportunities to youth, teens, adults and seniors. These after school tutoring and enrichment programs include GED study and job skills training, health and wellness workshops, computer literacy classes, English as a Second Language and financial literacy education.	<a href="http://www.hubbardplace.org/">http://www.hubbardplace.org/</a>	202-387-1919

Infinity Wellness Foundation (IWF)	IWF focuses on reducing childhood obesity in DC Public Schools. This is done using an interdisciplinary WELLKIDS Program for elementary school students. Each program is based off of a Total Wellness Model, allowing students to learn different ways to become more active, healthy and improve their lifestyle skills.	<a href="http://www.infinitywellness.org/">http://www.infinitywellness.org/</a>	847-971-8994
Junior Tennis Champions Center	The Junior Tennis Program includes a range of classes for ages 4–18. The program provides a structured and fun framework for learning and fosters a lasting enjoyment for the game of tennis.	<a href="https://www.jtcc.org/">https://www.jtcc.org/</a>	301-779-8000
Mary's Center	Federally funded local service agency in Wards 1, 2 and 4 established to promote healthy pregnancies, improve birth outcomes, and reduce infant mortality.	<a href="http://maryscenter.org">http://maryscenter.org</a>	202-483-8196
Metro TeenAIDS (MTA)	Metro TeenAIDS is a community health organization dedicated to supporting young people in the fight against HIV/AIDS. Through education, support and advocacy, MTA works to prevent the spread of HIV, promote responsible decision making and improve the quality of life for young people infected with, or affected by, HIV/AIDS.	<a href="https://www.washingtonpencecenter.org/ag_metroteenaids">https://www.washingtonpencecenter.org/ag_metroteenaids</a>	202-543-0094
Metropolitan Basketball League	The objective of the MBA is to implant the ideals of good sportsmanship, honesty, courage, loyalty and reverence so that students may be finer, stronger and happier children and young adults who grow up to be good, clean and healthy citizens. These objectives are achieved by providing adult supervised competitive athletic events.	<a href="http://www.metroball.org/">http://www.metroball.org/</a>	240-832-9351
OSSE - Wellness and Nutrition Services	The mission of the Wellness and Nutrition Services Division is to work with schools and community based organizations to promote positive healthy behaviors and to improve the quality of life for children and youth in the District of Columbia. We offer capacity building to schools and community based organizations through the administration of the federal child nutrition programs, the distribution of federal and local funding, technical assistance and programming.	<a href="https://osse.dc.gov/service/wellness-and-nutrition-school-programs">https://osse.dc.gov/service/wellness-and-nutrition-school-programs</a>	202-727-1839

Power Tots Gymnastics and Dance	Power Tots gymnastics, dance and yoga programs are offered at preschools, daycare facilities, elementary schools, parks and recreation departments, or any venue where children are gathered.	<a href="http://www.powertotsinc.com/">http://www. powertotsinc.com/</a>	301-392-0187
Step Afrika	Step Afrika brings the art and energy of stepping to K–12 students of all backgrounds. The program integrates the energy and appeal of stepping with English language and social studies content. It uses stepping as a tool to demonstrate the universal life skills of teamwork, discipline and commitment.	<a href="http://www.stepafrika.org/">http://www.s tepafrika.org/</a>	202-399-7993 ext. 103
Students Taking Charge (Action for Healthy Kids)	The Take Charge Program offers pre-delinquent and delinquent prevention, intervention and behavior modification services. Afterschool programming consists of life skills development, character building workshops and team sports.	<a href="http://www.takechargeprogram.org/">http://www.takechargepro gram.org/</a>	301-420-7395
Super Leaders, Inc.	Super Leaders, Inc. is a middle and high school leadership, mentoring and drug prevention program for at-risk but talented students. The program is based on the traditional values of honesty and respect with a focus on positive peer leadership, group support and self-empowerment. Super Leaders identifies and trains a team of students in selected schools to resist the negative pressures they experience in their homes, schools and neighborhood environments.	<a href="http://www.super-leaders.com/">http://www.super- leaders.com/</a>	202-409-7972

Teens Count, Inc.	Teens Count works with students, parents, families and high school administrators to organize unique fashion oriented programs. Teens Count allows for the learning and exploration of fashion through fun, adventurous, educational and culturally significant activities. The program builds skill and confidence on the runway, enhances total wellness and self-esteem, stresses the importance of fitness and nutrition and develops live performance techniques	<a href="http://www.teenscount.org/">http://www.teenscount.org/</a>	202-413-2950
United Planning Organization (UPO)	UPO offers afterschool programs that help students develop more positive attitudes towards learning. Children are taught using a model curriculum that supports children and families around five central areas: high quality academic enrichment, parent and family involvement, civic engagement and social action, intergenerational development and nutrition, health and mental health.	<a href="http://www.upo.org/">http://www.upo.org/</a>	202.583.8650
Women's Collective, The	SisterAct Institute of the Women's Collective is a Youth HIV/STD Prevention Program committed to building the skills of African American young women living in Wards 5–8. Its goal is to empower young women by enabling them to take control of their sexual health, as well as to become peer educators for their communities.	<a href="http://www.womenscollective.org/">http://www.womenscollective.org/</a>	202.483.7003
Bread for the City	The mission of Bread for the City is to provide vulnerable residents of Washington, DC with comprehensive services, including food, clothing, medical care, and legal and social services, in an atmosphere of dignity and respect.	<a href="http://www.breadforthecity.org/">http://www.breadforthecity.org/</a>	202.265.2400
Capital Area Food Bank	With the assistance of a volunteer Chef instructor, Capital Area Food Bank offers a Cooking Matters program that teaches hands on meal preparation, nutrition and food budgeting. Participants receive recipes and a bag of groceries each week so they can practice what they learned at home. The mission of the Food bank is to empower families at risk of hunger with the knowledge, skills, and confidence to prepare healthy, affordable meals.	<a href="http://www.capitalareafoodbank.org/">http://www.capitalareafoodbank.org/</a>	202-644-9827
Field of Dreams	The Greater Washington Fields of Dreams is an afterschool program focused on homework assistance, academic enrichment, nutrition awareness, character education and baseball instruction. They provide programs at Ludlow Taylor ES, Kimball ES and Moten @ Wilkinson ES, Turner @ Green ES, Simon ES, Malcolm X ES, Johnson MS and Sousa MS.	<a href="http://www.fieldsofdreamsdc.org/">http://www.fieldsofdreamsdc.org/</a>	202-248-5344

Fightlady Fitness	Fightlady Fitness introduces girls to the exercise of boxing, which will aid them in discipline, image enhancement, character building and healthy lifestyles. Fightlady provides education on boxing, diet, exercise, nutrition, weight discipline and health. It encourages and inspires females to realize their full potential in life and to pursue a career in professional boxing industry or in a healthier way of living.	<a href="http://www.fightlady.org/">http://www.fightlady.org/</a>	202-412-3339
Healthcorps	Healthcorps is a proactive health program fighting the obesity crisis by getting students to take charge of their health. The HealthCorps curriculum is composed of three sections aimed at educating students and providing a relevant view of the important role health plays in their lives.	<a href="http://www.healthcorps.net/">http://www.healthcorps.net/</a>	212-742-2875
Kid Power	Kid Power provides academic, artistic, nutritional and service-learning opportunities for youth in underserved neighborhoods in DC. Kid Power's mission is to empower youth to become informed and engaged advocates for change in their own lives and in their communities. Kid Power provides one hour of rigorous academics daily, after which youth engage in a variety of enrichment activities including art, dance, drama, yoga, skating, poetry, cooking/gardening, and other exciting activities.	<a href="http://www.kidpowerdc.org/">http://www.kidpowerdc.org/</a>	202-383-4543
Martha's Table	Martha's table has worked to build a better future for children, their families, and many neighbors in Washington, DC by increasing access to healthy starts, healthy eating, and healthy connections. They address emergency needs with food and clothing programs, and work to assist children and families as they break the cycle of poverty through education and family support services.	<a href="http://marthatable.org/">http://marthatable.org/</a>	202-328-6608

MEND Foundation	The MEND Foundation inspires children to lead and sustain fitter, healthier and happier lives. MEND empowers 7-13 year old to maintain a healthy weight by helping families change unhealthy attitudes about food and activity (Mind), keep physically active (Exercise), learn how to choose foods that are healthy, tasty and nutritious (Nutrition) and take action to maintain a healthy lifestyle for life.	<a href="http://www.mendfoundation.org/">http://www.mendfoundation.org/</a>	866-559-5114
National Organization of Concerned Black Men	Saving Lives and Minds (SLAM) is an afterschool program that enhances the academic and social development of children by providing homework assistance, reading and math instruction, test taking skills and enrichment activities that center on improving standardized test scores, promoting higher achievement and encouraging the pursuit of higher education. Specific activities include: science and environmental experiments, dance, poetry, quilting, American Sign Language, health and nutrition, life skills, rugby and cultural enrichment excursions.	<a href="http://www.concernedblackmen.org/">http://www.concernedblackmen.org/</a>	202-783-0101
So Others Might Eat (SOME)	SOME (So Others Might Eat) is an interfaith, community-based organization that exists to help the poor and homeless of our nation's capital. We meet the immediate daily needs of the people we serve with food, clothing, and health care. We help break the cycle of homelessness by offering services, such as affordable housing, job training, addiction treatment, and counseling, to the poor, the elderly and individuals with mental illness.	<a href="http://some.org/">http://some.org/</a>	202-797-8806