



2025 WORKSHOPS PILOT PLAN

Community Need Girls in underserved communities often have limited exposure to critical health and wellness education, leaving them vulnerable to poor nutrition, mental health challenges, and unhealthy habits. Early health education empowers young women to make informed decisions and prioritize their well-being.

Program Goal To equip girls with essential knowledge about nutrition, mental wellness, self-care, and personal health, building a foundation for lifelong healthy habits and resilience.

Program Structure

- *Program duration:* 10 months (August 2025 - May 2026)
- *Frequency:* Health education workshops held every 3rd month, rotating with other programs.
- *Workshop topics:* Balanced nutrition, emotional well-being, stress management, and body positivity.
- *Session design:* Interactive, expert-led, culturally relevant, focused on practical skills that participants can immediately apply.

Sample Timeline

SEPTEMBER	DECEMBER	MARCH
Nutrition Fundamentals	Mental Wellness	Self-care & Stress Management

Evaluation and Improvement

- Pre-/Post-program surveys measuring changes in knowledge and habits
- Participant feedback forms after each workshop
- Mentor and facilitator reports summarizing engagement and learning outcomes

Target Metrics

- Reach 25-50 girls during the pilot year
- 75% of participants demonstrate improved nutrition literacy
- 85% report improved understanding of stress management and self-care