

S.W.E.E.T. PROGRAM SUMMARY

The Smart Women Empowering & Educating Themselves or the S.W.E.E.T. Program kicked off on October 2, 2013 under the guidance of Wanda Mackey and Laura Mroska with Guilford County Department of Public Health. These health educators facilitated a five-session series for young women ages 18-25 that live in the Smith Homes and Hampton Homes communities. These emerging adults engaged in dialogue and interactive activities designed to build a sense of self-worth and empowerment. Eleven residents attended at least 1 session and gained insight on why it's important to make smart decisions to enhance their health & well being. The program was held in the Smith Homes conference room every Wednesday from 10:30 am-11:30 am accompanied by lunch from 11:30 am-12:00 pm.

Topics of discussion were:

- S.W.E.E.T. - Meet & Greet: An Introduction to the Program
- What's In Your Bag: A Smart & Healthy Me
- I Am Beautiful, Powerful & Strong
- Healthy Lifestyles
- H. I. V. Know Your Status/
SWEET Program wrap-up

