

## Women's Health & Money @ Work

March - May 2017

### Overview

Women's Health & Money @ Work helps women balance their health and financial challenges on and off the job. Low to-moderate-income women will be receiving financial coaching, enrollment assistance, guidance on accessing health care, and nutrition education at job training centers, WorkSource centers, worksites, schools, and community centers. The aim is to move women towards self-sufficiency, economic security, housing stability, gainful employment, and optimal health.

**Save the Date:** October 4<sup>th</sup>, 2017

### The Intersection of Health, Housing, and Wealth:

Lifting Up Low to-Moderate-Income Families and Communities in Los Angeles County

**Location:** Federal Reserve Bank    **Time:** 8:30AM - 4:00PM



Janitorial workers at Kilroy Realty Corporation in El Segundo learn budgeting, savings, and money management skills from Building Skills Partnership.



A financial literacy and nutrition workshop at LA Care in Lynwood is conducted by Worksite Wellness LA.



A financial literacy and nutrition education program was held for parents at Julian Nava Middle School near downtown Los Angeles and was conducted by Worksite Wellness LA.

### 2016 Program Outcomes

#### Nutrition Education

- ✦ Total of 89 women reached
- ✦ Six series held, each with a total of 4 sessions
- ✦ Knowledge gains between 16% and 23% from pre and post-tests

#### Financial Literacy

- ✦ Total of 52 women reached
- ✦ 6 series held, each with an average of 4 sessions
- ✦ Knowledge gains between 16% and 34% from pre and post tests

### Financial Support Provided by:



**CATHAY BANK**



Iris Cantor-UCLA  
Women's Health Center

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