Making a difference:
Our Year in Action 2026

Women EMPOWERING Women
Where women become the best version of themselves

Women's Health
New Moms and Babies

Tummy Time
A STRONG START FOR BABIES, CONNECTIONS FOR MOM

An interactive class providing a strong start for babies and connections for moms.

ROSE PROGRAM
A program for maternal mental health
REACH OUT, STAY STRONG, ESSENTIAL

A series of supportive sessions designed to reduce postpartum depression among disadvantaged new moms.

Postpartum Together

A connection-driven class designed to help new parents build a strong support system, deepen relationships, improve communication, and grow together through the postpartum journey.

Little Lives Safe and Ready: A Life-Vac Initiative for Childcare Providers

Outreach

Community Lay Health Ambassadors
Removing cultural and language barriers to help women navigate the healthcare system for themselves and their families.

Health Fair & Women's Expo
Providing health information important to women and their families.

Heart Health

Heart Health Awareness
Promoting understanding of the impact of heart disease on women.

AED Registry Project
Expanding AED access: Increasing the number of AEDs registered on PulsePoint, improving availability, and providing lifesaving training.

Cardiac Ready Community
Connecting community partners to save more lives from cardiac events.

Education

Technology/Coding Camp for Girls
Empowering girls to explore STEM career pathways through interactive, hands-on experiences.

Empower Hour
Inspiring dialogue through sessions on today's most relevant community and educational topics.

WOMEN EMPOWERING WOMEN
EMPOWER HOUR
for women

Etiquette Training
Practicing table manners with confidence — for youth and adults alike.

Women's Leadership Summit
Building bold women as they grow, connect, and gain valuable insights from accomplished leaders.

Endowment

Recognizing women who often go unnoticed.

Community

Holiday Drive
Elderly Low Income Women

2024 Spring	2024 Winter	2025 Spring
121 recipients	133 recipients	137 recipients

> *"I was able to get new lenses for my glasses."*

> *"I was able to get transportation to receive cancer treatment."*

> *"It helps me get haircuts and shampoos at the Nursing Home."*

New in 2026! - Growing resources to help level the playing field for youth and their families in our community who need extra support to participate in sports, school events, and other activities.

KUDOS
WOMEN EMPOWERING WOMEN

Shining a spotlight on the good works of women who impact our community.

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