

# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

THE ALBERT  
SCHWEITZER  
FELLOWSHIP®  
*Addressing Health Disparities  
by Developing Leaders in Service*

## Black Lotus Wellness

Addressing Holistic Health and Wellness for Black Women in the Columbus, Ohio Area

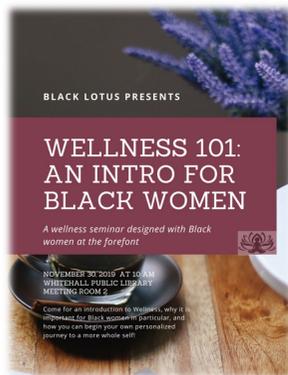
### Background

- Black women in the U.S. exhibit higher rates of morbidity and mortality among a variety of health conditions compared to their White counterparts (e.g., preterm birth and heart disease).
- Despite advancements in policy and medical technology this health disparities gap remains.
- Research indicates that culturally appropriate programming are beneficial in addressing health disparities among Black women, and there is a need to directly engage Black women.

### Project

Black Lotus Wellness is a series of wellness workshops coupled with one-on-one health coaching, designed specifically for Black Women in the Columbus, OH area. The project goals were to provide women with education, tools, and opportunities to:

- Define and describe the dimensions of wellness for themselves,
- Improve participants' awareness of their own wellness in relation to their overall health and wellbeing,
- Develop customized self-care plans, and
- Build a network of support while continuing their journeys towards a more holistic lifestyle.



### Impact

- Black Lotus hosted 20 interactive wellness workshops.
- Participants received a combined total of 50+ hours of one-on-one and small group health coaching.
- Throughout the project approximately 90 women attended the interactive workshops and received health coaching.
- Participants self-created an online Facebook group to maintain the community established during the sessions.

Feedback from clients:

- “I never thought wellness was something for people like me until I started attending the Black Lotus workshops.”
- “I really liked learning how to make a self-care plan. It forced me to pay attention to me!”

### Partner Organization

**Branch for Youth Opportunities Unlocked (BYOU)** – as a local non-profit committed to not only assisting underserved youth, but their families as well.

#### Acknowledgements

I would like to thank my academic mentor, **Samuel Hodge, Ph.D.**, and my site mentor, **Michael Bell**, for their year-long guidance. I would also like to thank the community and executive board members of **BYOU** and **Paradox Grp.** for their valuable insight and support.

“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD



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