



Help us over the finish line in funding **The YMWAP Wellness Project!**

Young Man with a Plan (YMWAP), a 501c3 non-profit that delivers holistic mentoring and success planning to over 200 young men aged 14 – 24, is purpose-driven by the wide health disparities impacting the lives of the population we serve—young Black and Latino males. The health of Black men consistently ranks lowest across all groups in the United States. Morbidity and mortality have many causes: violence, disease (heart disease, diabetes, cancer, HIV/AIDS) and social determinants of health, such as discrimination, segregation, access to health care, employment, housing, and income. While health disparities have always existed, in this post-Covid era we are seeing poorer physical and mental health among our young men.

The YMWAP Wellness Project is designed to close gaps and uplift our young men. It includes:

NEW SPACE! YMWAP's new expanded space, with fitness area, shower, and kitchen, creates an exciting new opportunity to introduce a Wellness curriculum. In 2023-24, concurrent with expanding our Hyde Park space, we are building a Wellness curriculum to be delivered by qualified staff and new partners.

NEW PROGRAMMING! We will engage expert partners and focus on holistic aspects of healthy living -- including nutrition, fitness, mental health, sexual health, sleep, social media, addictions, and stress reduction. In addition to serving young men, we envision training our staff and team of 16 adult and near-peer mentors and engaging families through a Wellness Day in the Spring. We will talk about diseases such as hypertension and diabetes, introduce fitness and nutrition facts and guidance, and offer cooking instruction. Every young man will have Wellness goals as part of his success planning.

NEW FITNESS AREA! Our new space will have a new fitness area equipped with power racks and specialized flooring, a treadmill, weights and resistance bands, and yoga mats.

MEASURING SUCCESS: In 2024 YMWAP will: 1) establish at least 3 partnerships for healthcare access, nutrition, and fitness; 2) develop grade 8-12 Wellness curriculum with input from health, nutrition, and fitness experts; 3) deliver Wellness curriculum to 150 students; 4) hold a Wellness family and community event; 5) evaluate success through year-end survey and student wellness goals achieved.

CAN YOU HELP? To equip our fitness area and kitchen, we still need \$24,000. Please consider joining other Wellness supporters -- New England Patriots, Boston Children's Hospital, and individual donors -- to get us over the finish line! Any amount is appreciated! Please donate here:

<https://www.youngmanwithaplan.org/give-to-ymwap> You can also contact Executive Director Dr. Jaykyri Simpson at jaykyriymwap@gmail.com or 817 526-4974. youngmanwithaplan.org **THANK YOU!**

