



# HELP US OVER THE FINISH LINE IN FUNDING THE YMWAP Wellness Project!

BIPOC - Led Holistic Mentoring and Success Planning

250	98%	Grades	Ages	8
Young Men	Black and Latino	8 - 12+	14 - 24	Boston Schools

## ABOUT YMWAP

Young Man with a Plan (YMWAP), a **501c3 non-profit** that delivers **holistic mentoring and success planning**, 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 2024, concurrent with expanding our Hyde Park space, we are building a Wellness curriculum to be delivered by qualified staff and new partners.

### 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.

### 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.



### MEASURING SUCCESS:

In 2024, YMWAP will:

- 1) establish 3+ partnerships for healthcare access, nutrition, and fitness;
- 2) develop 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 year-end survey and student wellness goals achievement

### YOU CAN HELP

Please consider joining Wellness supporters - including New England Patriots, Boston Children's Hospital, and individual donors - to get us over the Wellness Project finish line!

- **Donate** at <https://www.youngmanwithaplan.org/give-to-ymwap>
- Check to see if your employer offers **Matching Gifts**.

### LET'S TALK!

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