

FOR IMMEDIATE RELEASE

Urban Triage, Inc.
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URBAN TRIAGE AWARDED WELL-BEING FOR ALL GRANT FOR WOMEN IN BIPOC
COMMUNITY

MADISON, WI (March 14, 2022)— Urban Triage, Inc. is pleased to announce its selection as a 2021 grantee of Well-being for All, an Athleta Power of She Fund grant to further empowerment and education in the community.

The Power of She Fund is a foundation dedicated to empowering girls and women to pursue active and healthy lifestyles. This funding will assist Urban Triage in continuing to make wellness and fitness accessible to the female BIPOC community. Urban Triage is a Black-led, Black-owned and Black-operated non-profit organization dedicated to promoting positive health outcomes and reducing significant health disparities in the community.

Urban Triage has partnered with Nothing Was Given LLC (NWG), a Black owned and operated gym, to create a FREE boot camp aimed to reach 60 Black women to help reach their fitness goals. Each participant will receive access to boot camp training 3X a week and a meal plan. Training hours offer flexibility with participant's day to day schedules and the program will last 60 days. The NWG workout facility is children-friendly, providing a space for kids to sit while parents workout. "We wanted to create a Black Wellness program that was more accessible to Black women. Through fitness we aim to support Black women and youth in reaching their health goals." says Brandi Grayson, Founder and CEO of Urban Triage, Inc.

Andrew Walls, Owner of Nothing Was Given LLC, is proud to offer these services to his community. "NWG understands that fitness not only provides physical changes but it also is a great way to help with mental health as well. Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function." says Walls.

The Black Wellness is Revolutionary initiative kicked off Wednesday March, 9. If you would like to learn more about this program or to get involved, please email us at info@urbantriage.org or call (608) 299-4128.

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About Urban Triage, Inc.

Urban Triage, Inc. is a non-profit organization that has served more than 6,500 Black people, Black families, Black entrepreneurs, and Black businesses. Urban Triage's vision is to empower and inspire breakthroughs and transformation by way of education and leadership in Black children, Black women, Black men, Black entrepreneurs, and Black communities. Our mission is to foster, develop, and strengthen Black entrepreneurs and Black families' self-sufficiency, community leadership, advocacy, and family success through psychoeducation, community engagement, trauma response, healing, and cultural heritage. For additional information about Urban Triage and our programs and services, please visit: www.urbantriage.org.