



Research Study

We are looking for 30 women to participate

Inclusion criteria:

Black or African-American

BMI of 25+

Live near an Ujamaa Café

FREE 12-week CFHE program including:

1-on-1 sessions with a wellness coach

Fitbit activity tracker

Fitbit weigh scale

Nutrition education

Hair care for exercise education

For more information, please contact

ujamaa@coalitionequity.org