



Sisters: Healthy & Empowered (SHE) Activity Guide: Weight Control, Health & Wellness System

Angela D. Coleman

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Updated in 2013, Sisters: Healthy & Empowered (SHE) is a program that has been implemented since 2004. The SHE Activity Guide is an important resource for teachers, social service providers, health departments, schools, and any agency working with women and girls of African descent, a population with disproportionate health risks. Suitable for ages 8 and up, SHE includes over 250 Action Steps for positive health behavior changes for weight control, fitness, and wellness. Sisters: Healthy & Empowered (SHE) continues to be implemented in St. John, U.S. Virgin Islands to celebrate National Women's Health Week and in cities throughout the U.S. Don't forget to join Sisterhood Agenda's Global Network at www.sisterhoodagenda.com to receive 40 colorful SHE handouts via email for your SHE Activity Guide!

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