

ROSAesROJO's Community Wellness Programs

Welcome!

Women find about us from word of mouth, social media or Community Partners.



START



Scholarship Evaluation

Based on the applicants' needs, we offer them a scholarship for our community wellness programs.



Evaluation #1

Healthy Lifestyle + Wellbeing + Resilience Skills via PERMA Test (UPenn).



Wellness Workshops

The Rojo Way starts with 19 hours of culturally relevant wellness education, online or in-person, 100% in Spanish on the topics of nutrition, mental health, physical activity and health empowerment.



1-on-1 Support Sessions

After workshops, participants receive 4 hours of mentoring sessions led by our certified Ambassadors.

SuperVivors often are interested in being part of the change. We train them to be able to run support sessions and keep spreading the word.

Ambassadors



SuperVivors Graduation



Evaluation #2 & #3

Healthy Lifestyle + Wellbeing + Resilience Skills via PERMA Test (UPenn).

Community Care thanks to technology!

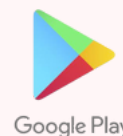
SuperVive Comunidad is an app-based online wellness community. With asynchronous and synchronous content, **SuperVive Comunidad** is empowering the health and well-being of Hispanics around the world. We take advantage of technology for the benefit of the community, creating networks of support and responsibility.

In the community you will find:

- Live Classes
- Podcasts
- Recipes
- Challenges
- Virtual Gym
- Wellness mini-videos
- Meditations
- Expert capsules
- Education
- Conversation groups



DISPONIBLE EN:



Descarga el App