

# Meridith Health & Wellness



SHARING GOODNESS

ANNUAL  
REPORT  
2009

A decorative graphic consisting of two overlapping, rounded, teardrop-like shapes. The left shape is a vibrant pink, and the right shape is a deep purple. They overlap in the center, creating a lighter, lavender-colored area. The overall shape is elongated horizontally and tapers slightly at the ends.

AT

# MERIDITH HEALTH & WELLNESS

WE FOCUS ON LIVING HEALTHY, MANAGING DISEASE,  
AND LOWERING HIGH-RISK BEHAVIORS.

# OUR PHILOSOPHY

## 1. BELIEVE IN THE POWER OF THE POSSIBILITY.™

If you give yourself the option to change, you just might.

## 2. DON'T LET YOUR CIRCUMSTANCE DETERMINE YOUR DESTINY.™

Where you are from or who you have been, doesn't have to dictate where you go and who you become.

## 3. BE GOOD FOR YOURSELF.®

When you are good for yourself, you and your life become an example of encouragement for your family, friends and countless others.

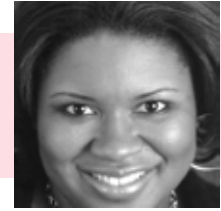
Being good for yourself is about being whole and taking care of you or you won't be able to take care of others.

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“I EXPECT TO PASS THROUGH LIFE  
BUT ONCE. IF THEREFORE, THERE  
BE ANY KINDNESS I CAN SHOW, OR  
ANY GOOD THING I CAN DO  
TO ANY FELLOW BEING,  
LET ME DO IT NOW,  
FOR I SHALL NOT PASS THIS WAY  
AGAIN.”

## LETTER FROM THE PRESIDENT AND CHIEF EXECUTIVE OFFICER



For years I've been on a personal crusade to get my fellow man feeling good about who they are and doing good for their body. And since April 2008, Meridith Health & Wellness has been on the **SHARING GOODNESS EXPRESS**—our own nonstop train for **good health**. In our first full year, our plan & goal was simple—do as many events as we can and get as much **good health** information to the community as possible.

As simple as that sounded, we found that we had our work cut out for us. Over the past year, we've attended and exhibited at the events of other organizations, all while designing, developing and producing our own events. And as stressful as it all seemed, we vow to do it all over and over and over again.

Lastly, I thank you for believing in us as we strive to meet people at their place of need, because achieving our mission of inspiring and empowering the community towards positive change can't happen without the supporters, volunteers and countless other **good people delivering good health information**. Without you, the **SHARING GOODNESS EXPRESS** would be a train with no passengers.

A handwritten signature in red ink, which appears to read "Candi". The signature is fluid and cursive.

Candi Meridith, MPH  
President and CEO

# SPONSORS

ABC26 News  
Acadian Ambulance Service  
Ana Vera  
Blue Cross Blue Shield of Louisiana  
Clinique @ Dillard's Oakwood  
Dinah Campbell  
Dionne Butler  
Family Violence Prevention Fund  
Gerard McClelland  
Health Edco  
HealthyWomen.org  
Jefferson Parish Councilmember Byron Lee  
Jefferson Parish Department of Parks and Recreation  
Jefferson Parish Sheriffs Office  
Jefferson Parish Sheriffs Office D.A.R.E. Program  
K-Mart  
LA Campaign for Tobacco Free Living  
La C.H.I.P.  
Louisiana Department of Health and Hospitals  
(Office of Public Health Metropolitan Region 1)

LittleJohns Taekwondo  
National Poison Prevention Hotline  
National Suicide Prevention Hotline  
New Orleans Saints  
NO/AIDS Task Force  
Office Depot  
OTCSafety.org  
Q93: The Most in Hip Hop and R & B  
Resources for Human Development, Louisiana  
Sally Ann Roberts  
Substance Abuse and Mental Health Svcs Admin  
The National Center for Victims of Crime  
The National Coalition of 100 Black Women  
(Greater New Orleans Chapter)  
The National Institutes of Health  
The Times Picayune  
The Whole Family Church  
West Jeff Fitness Center @ Marrero  
West Jefferson Medical Center/EMS Department  
WWL TV Channel 4

# EVENTS & MEDIA OPPORTUNITIES\*

## 2008

Bridge City Senior Center Fitness Seminar

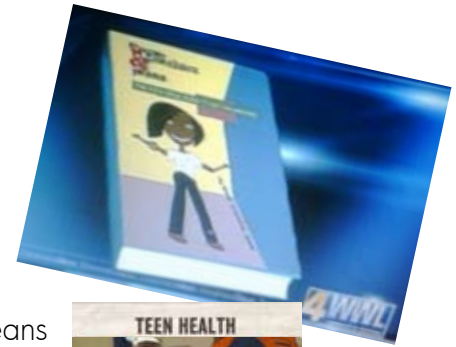
§ Jeff Seniors Flock to Fitness Seminar (Times-Picayune: Westwego Picayune)

True Hope Teen Talk

Self-Esteem for Teen Girls at Loyola University New Orleans

Souls of Black Girls: A Reflection on the Media at Loyola University New Orleans

Portrayal of Black Females at Loyola University New Orleans



## 2009

§ The Eyewitness News Morning Show with Sally Ann Roberts (Book Segment)

15th Annual Essence Music Fest

1st Annual Sneakers Fest 2009 Presented by Meridith Health & Wellness

§ Front-Page Spotlight on Sneakers Fest 2009 (Times-Picayune: Marrero Picayune)

§ ABC26 Sneakers Fest 2009 (News Segment)

The Thomas J. Brown Scholarship Foundation Back-to-School Event

Mother-Daughter Tea, Rocks of Ages Baptist Church

New Orleans Family Health Examiner

Youth & Teen Health and Fitness Fair (Naval Family Support Event)

Westwego Senior Center Healthy Living Seminar

Sharing Time with Young Ladies for Excellence (STYLE) Healthy Choices Mentoring Seminar



6 \*Media Opportunities are marked with an "§"

# BALANCE SHEET



## Assets

Grants  
Contributions & Pledges  
Donated Services (Volunteer Time and Support)  
Equipment and Reusable Teaching Materials

### Total Assets

**2009**

\$7,000  
3,655  
68,315  
4,931

**\$83,901**

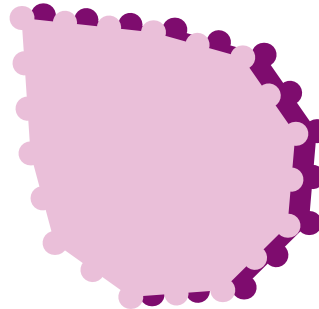
## Liabilities

Accounts Payable & Accrued Expenses

### Total Liabilities

\$11,480

**\$11,480**



# POPULATIONS SERVED

Three's Company, Avondale, Bridg

## Jeff seniors flock to fitness seminar

### SENIORS

<b>Age</b>	65+
<b>Race</b>	
African American	20%
Asian	2%
Caucasian	78%
Hispanic	0%

### YOUTH

**Age**  
18 and under

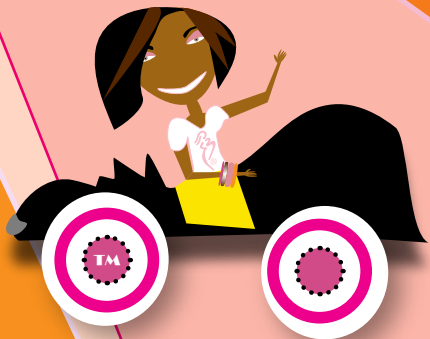
<b>Race</b>	
African American	88%
Asian	2%
Caucasian	7%
Hispanic	3%



### ADULTS

<b>Age</b>	18-64	<b>Race</b>	
African American	70%	Asian	1%
Caucasian	25%	Hispanic	5%

# PROGRAMS PLUS



## CANDI MERIDITH, MPH IS THE TRAVELING HEALTH EDUCATOR™

and she delivers customized health & wellness programs that are guaranteed to address the wants and needs of all businesses, community groups, religious organizations, age groups, and genders.

This includes:

- Basic and Advanced health education and disease prevention classes
- Corporate Wellness Program design
- Health Literacy help
- Wellness Library design

### **from sneakers & jeans: THE TEEN GIRLS' GUIDE TO GETTING AROUND**

is Candi Meridith's book for teen girls, filled with the health and life information they need to take them from sneakers and jeans to a healthy life. This guide was written with teens and their needs in mind and covers everything from self-worth to etiquette.





## **SPEAK OUT** against **DOMESTIC VIOLENCE**

is our campaign that began in 2005 to help put an end domestic violence. Domestic violence can happen to any of us at any point in time. It has no respect of age, race, gender, social status, religion, financial, or educational level.



## **SPEAK LOVE: SPEAKING LIFE OPPORTUNITY VICTORY AND ELEVATION™**

is geared towards college-aged women, and simply teaches how to put into words or works an unselfish, loyal and benevolent concern for the good of them and others.

## **Sneakers FES!™**

is our annual back-to-school, health & wellness fair for middle and high school-aged girls. Some of our goals are to increase the health awareness of teen girls and motivate teen girls to make positive health behavior changes.



Because Louisiana is often ranked on the lower end of United Health Foundation's Healthiest States list, the Meridith Health & Wellness goals for Sneakers Fest are:

- Increase the health awareness of teen girls by providing health screenings, activities, materials, demonstrations, and information;
- Increase teen girl awareness of local, state, and national health services and resources;
- Motivate teen girls to make positive health behavior changes;
- Teach self-care practices; and
- Identify topics and participants for future educational health programs.

**examiner.com**  
get inside New Orleans

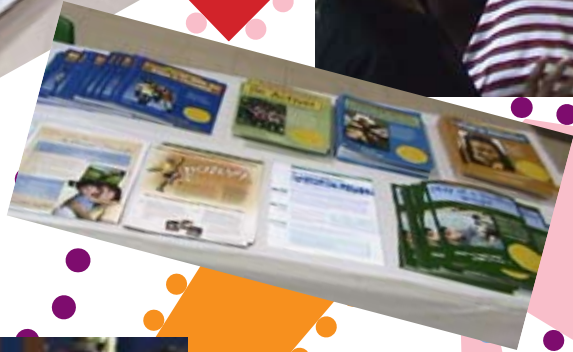
Candi Meridith is writing for the **examiner.com**

Be sure to read her latest article and catch any you missed @:

**CANDI MERIDITH'S**  
New Orleans Family Health Examiner Page

# SNEAKERS FEST 2009 HIGHLIGHTS







# LEADERSHIP & VOLUNTEERS

## BOARD OF DIRECTORS

Candi Meridith, *President*

Minnie Meridith, *Vice-President*

Gwendy Meridith-Robinson, *Secretary and Treasurer*

Latoya Brooks, *Director*

Audrey Burns, *Director*

Myisha Driver, *Director*

Shannon Hines, *Director*



We have **NO POWER** without **YOUR POWER.**

Thanks volunteers,  
because **YOU** make the  
difference.

Devreeon Allen  
De'Janeira Brown  
Deanna Burris  
Janice Burris  
Quinton Butler  
Gerard McClelland

Alice Porter  
Lauren Soniat  
Lucy Walker  
Kyla Washington  
Maria Washington

**AND WE ARE ALWAYS GRATEFUL TO  
THE AMAZING UNKNOWN VOLUNTEER**

Meridith Health & Wellness

1217 Martin Drive

Marrero, LA 70072

***“To know and not to do, is not to know.”***

Having knowledge is nothing if you don't put that knowledge to work. All of us have what it takes to meet people at their place of need. And I thank you, for joining us as we put what we know to work to change lives.

Meridith Health & Wellness was founded in  
2008 by Candi Meridith, MPH.

Design: Candi Meridith, MPH.

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## OUR VISION

Sharing goodness until the world  
is healthy, *well*-thy and wise

## OUR MISSION

To inspire and empower the community  
towards positive change through  
education and support services

## OUR MOTIVATION YOU

