



Quarterly Report

July - Sept 2023



Operations Team

01 Health Fair



We've had Health Fair contribution in various ways and locations. We've been involved in 16 different Health Fairs with a total attendee engagement of **264**, and **77** participation hours.

Community Therapy



We've continued doing our community circles, and we've held **8** sessions. In total, we had **47** participants, and **32** hours invested on behalf of therapists.

02

CHWs Class

Every semester at UP we have the honor of serving our community by providing classes regarding topics that they choose or vote on. The majority of the classes are medical or health subjects like chronic illnesses, and other topics like environmental justice, finance, and personal development. We reached **665** community members, and invested **39** hours, and **13** classes. These classes were provided by different kind of experts, for example: physicians from different specialities, financial professionals, and professional staff from our very own Environmental Justice team.



DUET: FINDING MEANING AND HOPE SESSIONS

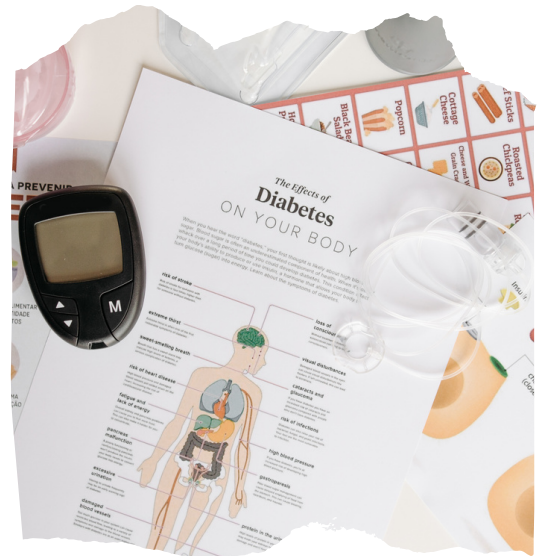
Maricarmen Guzman, with help of Ana Guzman, facilitated **10** sessions that were focused on people who provide care for elderly people or family members who are incapacitated that need assistance with daily tasks. 5 caregivers attended the sessions, with a total of **40** hours invested. Furthermore, they worked on translations for Duet with another **40** hours worked towards that project.



Health Classes

03

Our health classes are composed of Diabetes Prevention Program (DPP), and Diabetes Empowerment & Education Program (DEEP). We've had **21** students, so far **20** classes, and keep going, and the total time invested towards these programs are **52** hours.



EXTRACURRICULAR CLASSES

This semester we had the privilege to provide classes such as piano, guitar, sewing, technology, and reading for parents with their children.





For people who are just starting a business or have had their business for years, Grow with Google has been an amazing connection for them to the resources and tools that can help them prosper their business by reaching more people.

REDUCING CANCER RISKS: THE POWER OF COMMUNITY GARDENS

by Mayo Clinic



Mayo Clinic partnered with Unlimited Potential to provide classes about the connection of how eating healthy can reduce the risk of cancer. The classes were once weekly for **6** weeks, and we had **20** participants.

05

Opening Doors & Mother reads, Father reads



Opening Doors is a program for parents to take classes about the essentials of raising their children to reach fullest potential by supporting their development. Furthermore, the Mother reads, Father reads program works hand in hand by encouraging parent-child reading. There has been a total of **21** participants, with **52** hours vested, and a total of **10** classes so far.

Core Competencies

Congratulations to all the Core competency graduates! Most of all, thank you to Ana Guzman who was the instructor for the classes to prepare the participants on how to better serve the community.



06

SPACES OF OPPORTUNITY

Spaces of Opportunity is a collaboration of **Unlimited Potential** along with other organizations to provide sustainable, fresh produce and farming opportunities to south Phoenix.



ZUMBA Fitness 07



The zumba sessions are **2** days a week for one hour each session. There are approximately **10** to **12** participants each class. Zumba helps to target several muscles all at once, as well as boost heart health among other systems.

YOGA

We have **2** different yoga classes offered by Maricarmen Vizcaino, and by Kiran Shah, one of our very own board members to improve mental health.



HIGHLIGHTS

08

UNLIMITED POTENTIAL'S WHITE HOUSE INVITATION

Unlimited Potential received an invitation to attend a ceremony where President Biden paid tribute to his friend and war hero the late Senator John McCain, and spoke about the importance of America's institutions in preserving our democracy and the need for constant loyalty to the U.S. Constitution.



Brooks Academy now has a walking path, and thank you to all the persons who came to be a part of the walking path along with Unlimited Potential staff, and our partners from the University of Arizona to encourage physical activity as a part of daily life.