

FAITH – HEALTH COLLABORATION

to advance the social determinants of health

The University Muslim Medical Association (UMMA) Community Clinic is the first Muslim - founded Federally Qualified Health Center (FQHC) in the country with a mission to provide high-quality healthcare services to those in need, regardless of their ability to pay. Their services, activities and governance are reflected by the Islamic values and moral principles which inspired the founding of the Clinic. **These core values of service, compassion, human dignity, social justice, and ethical conduct are used to help, in partnership with the community, address the problems of caring for the overall wellness of the South Los Angeles community.**

GREAT PARTNERSHIPS = GREAT IMPACT

Opioid Addiction, Treatment and Prevention - HRSA AIMS & The Matrix Institute
Chronic Disease Management Classes -
Women's Health - Susan G. Komen Foundation & F* Cancer
Student Education - UCLA, Charles Drew University, Pacific Oaks College & USC
Behavioral Health - Weber Community Center
Resources for Mothers - Baby 2 Baby
Humanitarian Day - ILM Foundation

FEATURED PROGRAM:



Program Start: 2012

Participants: 350+

It takes a village, or in our experience, a community to create robust programs with lasting impact.

With three lead organizations and 6+ additional partners, the Black Visions of Wellness (BVOW) Program provides mental and physical health services designed to encourage healthy growth and development in underserved African/African American communities. BVOW utilizes an African-centered philosophy of treatment and education to promote wellness and rally resources in the interest of health initiatives, cultural recognition, educational reinforcement, family building and community revitalization.

Learn more:

www.UMMAClinic.org



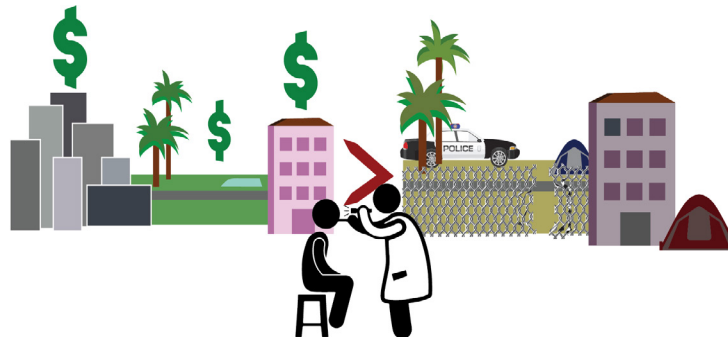
Key Partners:

Weber Community Center & LA Dept. of Mental Health

Additional Community Partners:

- **Nurturing Chefs LA** - Healthy Cooking Classes
- **West Coast Sports and Fitness** – Acupuncture, Massage Therapy, Chiropractic Care, Personal Fitness
- **Westchester Wellness** – Acupuncture/ Acupressure
- **South Central Fitness Art and Dance** - Zumba
- **Extreme Boot Camp** – Tai Chi , Boot Camp Classes
- **House of Fruition** – Art Therapy
- **YMCA** - Memberships





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FEATURED PROGRAM:

Fremont Wellness Center, Community Garden & Greenhouse

Site Grand Opening: 2013

Food does not come from a box. In the food desert where roughly 1/3rd of residents suffer from diabetes, hypertension and/or obesity, we're partnering with community organizations to **make healthy lifestyles accessible to all.**

The Fremont Wellness Center and Community Garden site was created to increase accessibility to safe green space, to high-quality, culturally sensitive and affordable health-care services, and fresh fruit and vegetables. We strive to improve health outcomes, empower people of all ages, and create a healthier, safer and stronger community.

Key Partners:

Los Angeles Unified School District
Los Angeles Neighborhood Land Trust
The LA Trust for Children's Health
Food Forward Los Angeles

Learn more:

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Site includes:

- Wellness Center with separate community & student entrances, offering physical & behavioral health services
- Community Garden
- Orchard
- Park with picnic area
- State of the art Greenhouse
- Raised planters for student use and learning
- Biweekly Free Food Market - distributing 1600 lbs of fresh produce per market

Programs:

- **Student Health Leaders** - Local High Schoolers are trained & mentored on how to be peer health advocates.
- **Garden Apprenticeship Program** - High School students learn how to create a sustainable

