



Akhila Health
Holistic Health

2024 IMPACT REPORT

Empowering Women, Transforming Lives

A word from our co-CEOs

2024 was a year of growth, impact, and transformation for Akhila Health! We are incredibly proud of the progress we've made in empowering underserved women to embrace holistic health and stress management as tools for overcoming life's challenges. Thanks to the unwavering support of our community, we've reached more women than ever before and deepened the positive impact of our programs. This report highlights the year's successes, feedback from those we serve, and the vision driving us forward. We look forward to continuing our work together!

With gratitude,
Prema Rao & Jennifer Zauner Clauson



IMPACT SNAPSHOT

- Served over 590 women
 - Unhoused women, cancer patients, pregnancy / new moms, domestic violence survivors
- Expanded partnerships
 - STAND!, SHELTER Inc., and Cancer Support Community South Bay
- Enhanced curriculum:
 - New workshops on stress resilience, Chakras, and art therapy

30% ↑

MORE WOMEN
SERVED
(590+)

40% ↑

MORE TRAINED
FACILITATORS
(21 TOTAL)

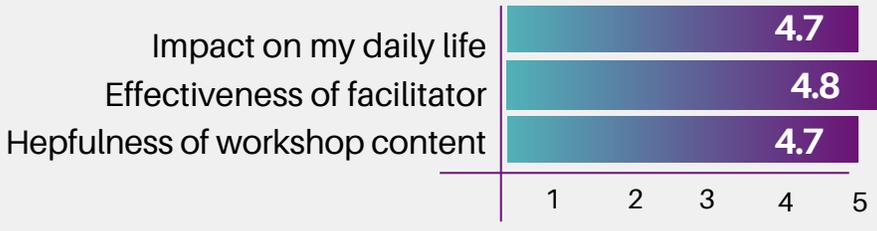
30% ↑

MORE WORKSHOPS
CONDUCTED
(180 TOTAL)

*"I wish we can get this workshop every week. Wonderful experience. **Taught me things I can do to help myself!**"*

~ Workshop Attendee

WHAT OUR CLIENTS SAY



In 2024, **96%** of workshop participants said the Akhila Health workshops helped them **better manage their life.**

"Thank you so much for this series. It's been invaluable! So grateful for Akhila Health & WCRC!"
~ Workshop Attendee



WHAT OUR PARTNERS SAY

*"What sets Akhila Health apart is their dedication to serving marginalized communities with empathy and respect. Their efforts not only provide **immediate support** but also lay the foundation for **long-term empowerment and sustainable change.**"*
~ Marie Harris, Siena House ED



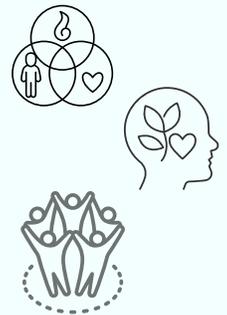
Strong community partnerships that are built on trust, communication, and continuous improvement benefit everyone in our ecosystem.
[Learn more about our Partners...](#)



AKHILA HEALTH SERVICES

Akhila Health's workshops empower women with coping strategies and mindfulness techniques, leading to reduced stress and anxiety, improved physical health, and increased resilience. Core services include:

- **Stress Management Workshops:** **Practical tools** taught Include meditation, yoga, qigong, art therapy, nutrition, mindfulness, and breathwork.
- **Holistic Health Education:** **Comprehensive workshops and resources** promoting mental, emotional, and physical well-being.
- **Community Partnerships:** **Collaborative initiatives** with local organizations to expand access and impact.



[LEARN MORE...](#)

BUILDING A SUSTAINABLE FUTURE

Akhila Health is committed to **achieving sustainable growth** and expanding its impact on underserved women. This means transitioning from a volunteer model to an organization with the infrastructure needed to sustain long-term growth. **Increased funding from grants, foundations, and individual donors** will be critical in the coming year to bring this transformation to life.

OUR 2025 PRIORITIES:

- **Invest in Essential Personnel**
- **Further Enrich and Enhance Curriculum**
- **Increase Accessibility**
- **Expand and Deepen Community Partnerships**

DONATE 



These investments will empower Akhila Health to serve more women and create lasting change in the communities we serve. **Together we can build a happier and healthier future for all women!**
Join us in our journey today!

~ **With heartfelt thanks, Prema & Jenn**

