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.
**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.
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.
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.
Spaces of Opportunity is a collaboration of Unlimited Potential along with other organizations to provide sustainable, fresh produce and farming opportunities to south Phoenix.
We have 2 different yoga classes offered by Maricarmen Vizcaíno, and by Kiran Shah, one of our very own board members to improve mental health.

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.
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.

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.