

# BGH College Ambassador Program

*Promoting healthier living on campus and in the community*



## WHAT DO AMBASSADORS LEARN?

- Nutrition and wellness education and strategies
- Fitness techniques/training
- Weight management
- HIV/AIDS education and awareness promotion
- Developing digital health content
- Leadership and character development
- Health workshop development
- Workforce preparedness

## HOW DO AMBASSADORS IMPACT THE COMMUNITY?

- Campus/community awareness of minority health disparities, including HIV/AIDS
- Organize health and wellness workshops on and off campus
- Write articles and create digital health videos that promote health awareness
- Improve nutritional awareness and physical activity among young people



## WHAT IS THE BGH COLLEGE AMBASSADOR PROGRAM?

At Black Girl Health Foundation, Inc, the college ambassador program is centered on the infrastructure and community engagement built by "BGH Ambassadors." Our program cultivates ambassadors through fitness and nutritional training and education, so they're equipped to increase health literacy and healthy habits among college students to promote impactful change. Ambassadors work behind the scenes to build relationships within the community to develop long-term routes for engagement and advocacy on behalf of African American women and their health goals.





**LAUREN BATTLE  
GEORGE WASHINGTON  
UNIVERSITY '19**

“As an aspiring public health professional, I intend to contribute to the improvement of health outcomes among minority populations. Working as a student ambassador is rewarding as our mission clearly aligns with my career goals.”



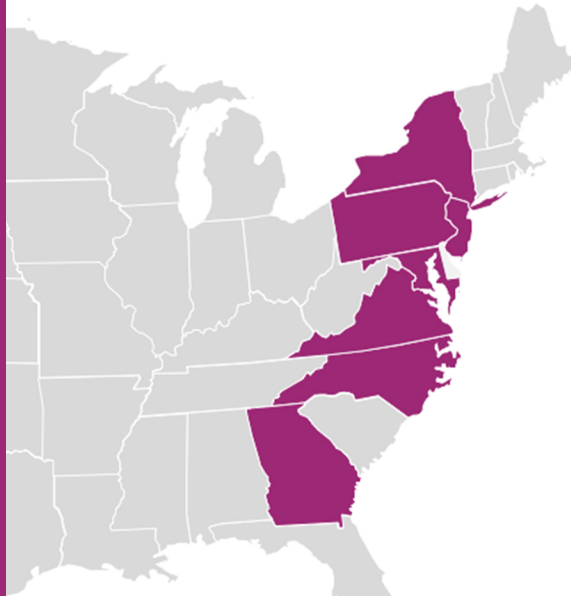
**A 'BRIAH MILES HOWARD  
UNIVERSITY '19**

“Being a representative of BlackGirlHealth is to embody holistic health, to promote all around wellness, and to create a sisterhood for Black women and girls.”



**WHERE WE RECRUIT  
AMBASSADORS?**

College Institutions in the following areas: Washington, DC, Maryland, Pennsylvania, New York, New Jersey, Virginia, North Carolina, and Georgia. (As we expand more program areas will be included)



**FOR EVERY 2 AMBASSADORS  
WE RECRUIT 1,000 WOMEN  
ARE REACHED**

**College  
Ambassador  
Program**

