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McMillen Health's Mom & Me Days fill vital need for low-income women and families with TogetherWeWill funding support

FORT WAYNE, IND., March 28, 2023—McMillen Health, the oldest donor supported preventive health education nonprofit in the nation, will provide two Mom & Me Days for low income families. Project support comes from the Office of Minority Health's TogetherWeWill grant, provided by the Indiana Department of Health. McMillen's Mom & Me Days expand on the nonprofit's Healthy Tomorrow app on infant and maternal health, meeting a vital need for low income moms and their families.

"We are delighted by the overwhelming response of moms and families and we hope to provide future programs with donor support," says Nicole Fairchild, Executive Director of the 42-year old nonprofit. Mom & Me Day registration filled within 48 hours of promotion. This project aims to address distrust in health education, especially among minority women who can face poor health outcomes sometimes owing to discrimination in health care.

"McMillen's Mom & Me Days will bring to life the education we've developed in our Healthy Tomorrow app, shared by our skilled professional educators who respond to sensitive questions every day," says Fairchild. "This project meets a vital need for families as evidenced by their enthusiasm in signing up. With project support, we can serve the whole family, provide education for everyone, offer transportation, and send home great resources – and have fun doing it."

McMillen believes everyone has a right to preventive health education in a way that fits their needs and they provide education from a positive view. Mom & Me Days will take place at McMillen in April and May and will provide welcoming, relatable, and fact-based health education and activities for families. Each Mom & Me day features different age-appropriate topics for parents and children, such as life skills, maternal health, and substance use prevention. Registration and waitlists are full and the nonprofit is seeking donor support to offer future events.

Families will also cook a meal together and leave with a set of the ingredients to prepare the meal at home. McMillen will also provide families diapers, formula, feminine hygiene products and more. True to McMillen's own education style, families will also receive a physically engaging game such as Twister to bolster healthy family development.

Since 1981, donor-supported McMillen Health has served 2 million+ students of all ages, abilities, and backgrounds with 250+ preventive health education programs promoting physical, social, and emotional wellbeing. McMillen Health believes in education today for a healthy tomorrow. Learn more and support a healthy tomorrow by donating at mcmillenhealth.org.

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