



SCHOOL OF MEDICINE

Physical Medicine and Rehabilitation

WORDS ABOUT WELLNESS

Today's "Words about Wellness" is brought to you by:

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For the Words About Wellness this month, I'd like to highlight some work being done to improve wellness by and for women of color. This list is part of one compiled by Health magazine, and is just a very small sample of organizations with great missions and work to address disparities in health and wellness.

Psychologist: Dr. Joy Harden Bradford founded Therapy for Black Girls, an organization to help women find therapy resources and provide an online space to present mental health topics in an accessible and relevant way, and to encourage black women to seek out a therapist and move past the stigma of seeing a therapist.
[Dr. Joy](#)

Registered Dietician: Maya Feller, dietitian who specializes in nutrition for chronic disease prevention using a patient-centered and culturally sensitive approach to help individuals meet their goals. [Maya Feller](#)

Leader and health advocate: T. Morgan Dixon founded GirlTrek, which is an organization for black women focusing on public health and self-care, using walking and exercise to improve health and to advocate. The mission is to "Pioneer a health movement for African-American women and girls grounded in civil rights history and principles through walking campaigns, community leadership, and health advocacy." [GirlTrek](#)

Physician: Dr. Joia Crear-Perry, Ob-Gyn founded the National Birth Equity Collaborative for black maternal and infant health to create "solutions that optimize Black maternal and infant health through training, policy advocacy, research, and community-centered collaboration." [National Birth Equity Collaborative](#)

See more about these leaders and others at: <https://www.health.com/mind-body/wellness-warriors-black-lives-matter>