

**Mission:**

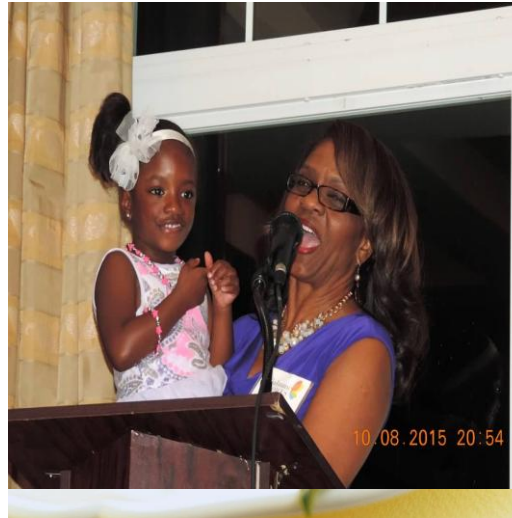
To create healthier communities through education and advocacy

**Vision:**

To strengthen families and raise awareness by enhancing health and wellness bonds within communities

**Purpose:**

To make a positive impact on the future of communities



**Our Programs**

**Heart Healthy Families**

- Faith-based health education and outreach program
- Classes to educate families about the causes of heart disease, the benefits of a healthy diet and the importance of regular exercise
- Clearinghouse for donated preemie and newborn-sized clothing
- Specifically for low-income families

**Charles H. Watlington, Sr. Scholarship Fund**

- Encourages, promotes and supports high school seniors who wish to pursue higher education in STEM (science, technology, engineering and math) or health professions

**NiaImani CHOICES Male Caregivers Umoja Circle (MCUC)**

- Reduce stress and health risks associated with caring for those with special health care needs



First Annual NiaImani Golf Tournament  
Lake Presidential Golf Club,  
Upper Marlboro, MD  
May 20, 2016

Raising awareness and support for our Heart Healthy Families Program

To register go to:  
[www.niaimanichoices.org](http://www.niaimanichoices.org)

## **NIAIMANI CHOICES, LLC LAUNCHES**

Education, outreach, empowerment, and community only begin to describe the mission of NiaImani CHOICES (NC), a newly launched 501 C (3) organization in Prince Georges County Maryland. On October 8, founder, President and CEO of CRW & Associates, LLC, Charlisa Watson, presented the organization at Lake Presidential Golf Club in Upper Marlboro. Not-for-profit and community-based, NC plans to focus its energy and resources on outreach to underserved and disadvantaged populations in Maryland and beyond. We will be providing health education, information, training and services as well as, specific support to those with premature babies. Goal one is to improve overall health outcomes of individuals by partnering with various faith and community-based organizations. It is not without the help of our many friends, partners and sponsors that we will be able to positively impact the lives of so many. Thanks you all for your support and encouragement.



## FREE Webinar

Practical Tips to Engage  
Fathers in Home Visiting  
Programs

January 21st, 2016 •  
2:00pm to 3:00pm

To register go to:  
[www.fatherhood.org](http://www.fatherhood.org)

## Nialmani CHOICES Teams up with the National Fatherhood Initiative and Prince Georges County

Nialmani Choices is so very proud to be teaming up with the National Fatherhood Initiative (NFI). For over 20 years, NFI, a not-for-profit organization, has been working tirelessly to make a difference in communities around the country. NFI provides research, resources, information and training to individuals, community, and military organizations, as well as correctional facilities. Using a solutions-based approach, they provide and assist organizations in developing programs that teach healthy and responsible fatherhood skills in an effort to create healthy children, families and therefore, communities. Southern Prince George's County, in partnership with NFI, is sponsoring a Fatherhood Summit in May 2016. The Summit will be the beginning of the county's own long-term, grassroots Fatherhood Initiative, resulting in a viable fatherhood action plan to help strengthen the notion of fatherhood and the reality of familial success. We ask that all faith and community-based, educational, health, government, civic, non-profit, philanthropic, legal, law, business, media, and social services organizations to answer the call-to-action and rally around this most important event with your support and resources. Please contact 240-544-5368 for information about joining this effort.

### NC COLLECTS PURSES AND TOILETRIES FOR GIRLS IN NEED

During the holiday season, Nialmani Choices partnered with the Prince Georges' County Chapter of the National Coalition of 100 Black Women in their 9<sup>th</sup> Annual Pack-a-Purse Drive 2015 in conjunction with Toolbox, LLC. Purses filled with toiletries and other goodies for teen girls were generously and thoughtfully filled and provided to girls living in homeless shelters, group and foster homes as Christmas gifts. Our many generous friends and supporters thoroughly answered the call by donating over 60 purses from local churches, board members and organizations stuffing each of them with all manner of personal hygiene products, nail polish and other necessities. Thanks again to all those who helped make a difference, this holiday season, to so many girls.



## Thunderclap: World Prematurity Day

I just supported World Prematurity Day on @Thunderclap // @modhealthtalk ... A note on privacy When you log into Thunderclap using your Twitter, Facebook, or Tumblr ...



Nialmani CHOICES offers important linkages to a variety of wrap-around community and faith based resources to facilitate an important safety net of service. The organization focuses on building sustainable communities through integrated collaborations and partnerships towards the advancement of healthier communities. Families of children born prematurely can sometimes be emotionally drained with concern for their newborns, but also financially struggling to meet the unique needs of children with low birth weights. One of our programs is Imani's Closet, a clearinghouse for donated preemie and newborn-sized clothing specifically for preemie children born to low-income families. We support the March of Dimes Awareness Campaign on November 17, 2015 @#World Premature Day.

“Premature birth is the leading cause of death in children under 5 worldwide. Lend your voice.

#worldprematurityday...<http://thndr.it/1KwATG>”

## ***Nialmani Executive Board Members***

**Charlisa R. Watson, MHSA**  
**Founder**  
*President, CRW & Associates  
and Founder, Nialmani  
CHOICE, LLC*

**James Dula, M.D.**  
**Chairman of the Board**  
*Chief Executive Officer, James  
Dula Consulting*

**David Penn**  
**Vice-Chair**  
CEO of Penn Enterprises and  
President of Charles Mann  
Enterprises

**Lisa Proctor**  
**Executive Director**  
Healthcare Public Relations and  
Marketing Strategist

**Jim Hellier**  
**Secretary**  
Independent Contractor and Owner  
of Synergy's, LLC

**Carroll Martin**  
**Treasurer**  
*Chairman and Chief Executive  
Officer, Outlear Smalls & Company*

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**Sharon Jenkins Banks**  
Retired General Services  
Administration (GSA)  
Executive

**Maureen Bryant**  
*Owner, QVI Group &  
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**Michelle Gourdine, M.D.**  
*Chief Executive  
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**David W. Simpkins, M.S.**  
*Vice President Strategic  
Planning and Marketing,  
Colorblind Marketing  
Group*

**Zandra White**  
*Director of Operations for  
a multi-specialty medical  
organization*

Thanks to all of Nialmani Choices Partners

Lisa Initiative

Reid Community Development Corporation

Patriots Technology Training Center

National Association of Health Services Executives  
Washington Metropolitan Area Chapter

DGT Consulting MBE/DBE  
Managed Health Care Solutions