



BALANCE PERIOD™



ABOUT US

WHO WE ARE

Balance Period is a wellness and health equity firm on a mission to close the racial health gap. We believe creating systems that produce **generational wellness***, will lead to better health outcomes for all communities.

*refers to healthy habits that are passed down and/or exchanged across generations.

WHAT WE DO

We use health education and emotional literacy to teach people how to turn self-care into a lifestyle and empower others to do the same.

We offer the following services:

- Customized Wellness Workshops
- Guided Wellness Challenges
- Rest & Recovery Retreats
- Mindful Moment Breaks

THE PROBLEM WE SOLVE

The current racial health gap reveals a stark disparity, with marginalized communities, particularly Black and Indigenous populations, facing significantly higher risks of poor health outcomes compared to their white counterparts. This inequity underscores an urgent need for systemic change to address and dismantle the barriers contributing to these disparities, ensuring equitable access to quality care and resources for all.

Reducing these health disparities is not just a matter of fairness but a critical step toward achieving a healthier, happier, more just society.

KEY TAKEAWAYS

WORKSHOPS | CHALLENGES | RETREATS

- tactics to effectively manage and leverage stress
- proactive rest practices to prevent burnout and promote longevity
- techniques to experience immediate relief from tension in the mind and body
- strategies that activate resilience during life changes and transitions
- time and energy management tools to increase productivity and overall life satisfaction

 (812)269-2705

 info@balanceperiod.com

 www.balanceperiod.com