

Improving
Health,
Lifestyle &
Well being



The ANIKA FOUNDATION was founded on the belief that a person's success is dependent largely on their view of their *self worth, personal image* and *access to opportunities to improve health, lifestyle and well being.*

Our core areas of focus are:

- ◆ Empowerment and Leadership
- ◆ Health and Wellness
- ◆ Interpersonal communication
- ◆ Life Management

Stylists in Action™

Stylists In Action!™ is a beauty program designed by **The ANIKA FOUNDATION** to provide products and services to displaced youth. Skin and Hair Care services are provided by licensed cosmetologist and/or supervised cosmetology students to disadvantaged youth.

Let Us Design a
Custom Program
for your
Organization



Grace In Action

Dedicated to the
Empowerment of
Women & Children

Get
Involved

To learn more contact us:

www.theanikafoundation.org
info@theanikafoundation.org
612.670.6355



What We Do...

We design customized programs for public and private organizations including non-profits, charter school programs and government agencies.



Our programs are designed to be easy-to-implement and comprehend. Our goal is to foster improved understanding and communication between students and administrators, caregivers—all of our clients in general—and equip them with the self-esteem to contribute positively to their community.

The programs are 'living' programs designed to be flexible and respond to the needs of the clients. The effectiveness of the programs are tracked by both administrators and **The ANIKA FOUNDATION** for mutual success.

Let Us Design a Custom Program for your Organization

www.anikafoundation.org

SCHOOL PROGRAMS

We work closely with administrators to create a program based on the needs of your population.

- ◆ offer training and on-going support to care givers and administrators
- ◆ weekly, monthly or quarterly sessions with students
- ◆ awards program for outstanding participants
- ◆ support tools and products to reinforce concepts

Core components:

- ◆ Health and personal grooming
- ◆ including hair and skin management

Self-esteem counseling

- ◆ self-worth
- ◆ personal evaluation

Communication skills

- ◆ conflict resolution
- ◆ communication styles
- ◆ decision making

Health & Community Organizations

We design programs specific to the needs of community organizations.

Examples include:

- ◆ Wellness retreats complete with guest speakers, nutrition and diet workshops, beauty seminars
- ◆ Pampering Parties, featuring skin care and makeup consultations, accessories, fashion consulting and massage.
- ◆ Youth Workshops on fashion, wellness, life skills and empowerment

Our Partners Include

- ◆ The Minneapolis Urban League
- ◆ Hennepin County Department of Human Services
- ◆ The Lupus Foundation
- ◆ The Lewis Sports Foundation
- ◆ Dunwoody Institute & Academy
- ◆ Public and private organizations and health and beauty manufacturers

Our Team

The **ANIKA FOUNDATION** team is comprised of licensed beauty professionals and other experts in the field of communication, human relations, business management and more.

Contact Us Today! 612.670.6355

www.anikafoundation.org

