

Be IN the “Know” Women’s Health Program

The Be In The “KNOW” Women’s Health Program strategically brings together community partners to address health, economic, and social disparities among women. Through this program community stakeholders form a task force to take back their communities through knowledge, wisdom, resources, and empowerment.

First Session: Eating As An Act of Worship

1 hour and 30 minutes

EAW trains individuals on how to choose foods that are healthy which will lead to having an extended life and not making unhealthy choices that brings the curse of compromising our health and cutting our lives short. Through innovative approaches EAW practices what they preach and teaches how to honor God in our eating.

Second Session: The Shavers-Cobb Foundation

45 minutes

TSCF mission is to aide in the achievement of health equity by addressing health disparities in the administering of care to women, minorities, and disenfranchised communities due to socio-economic status, geographical location and other factors limiting optimum quality care. As part of its mission, TSCF trains individuals on how to maneuver and advocate for themselves in the health care system.

Third Session: My Sisters Keyper, Inc. and Susan G. Komen

45 minutes

MSK and SGK provides education on the importance of early screenings as related to women’s health. This session will also share resources that are available for women who are uninsured and/or underinsured. MSK bridges individuals to resources as SGK is a resource for women who may need breast health services. MSK addresses the whole woman.

My Sisters Keyper



*The Shavers-Cobb
Foundation*



My Sisters Keyper, Inc. and The Shavers-Cobb Foundation are hosting health education sessions throughout the state of Arkansas and surrounding states to address [health disparities](#), [health equity](#), and [available resources](#).

For Further information please email: mysisterskeyperinc@gmail.com

Sponsored by: The Shavers-Cobb Group, My Sisters Keyper Inc., Eating as an Act of Worship in partnership with Susan G. Komen.