

## Chula Vista Residents Don and Erendira Abel Receive the 10NEWS Leadership Award

**10News** honors **Don and Erendira Abel** as the founders of **A Women's Wellness Center Inc.**, a non-profit organization that offers bilingual complementary therapies, services, support and products for women diagnosed with cancer, cancer survivors their families including a support group "Men Who Care" for men who have women in their life who is diagnosed with cancer. The center also offers preventive health and services for women with other health conditions like arthritis, diabetes, and high blood pressure.

The center was created from a prayer of gratitude that Erendira had when she was diagnosed with breast cancer in 2003. As she was looking for natural products and services to support her while she was going through treatment and beyond, she realized that the natural treatments or therapies were not accessible to help ease the struggle that she was going through with cancer for low income women.

The goal of **A Women's Wellness Center Inc.** is to provide services and products that are available to more affluent communities, but not as easily available to low income communities. Since the opening of the center in February of 2007, with this humanitarian principle, the center has helped hundreds of women throughout San Diego County.

Don and Erendira Abel have made many personal and financial sacrifices to fund and keep the doors open of **A Women's Wellness Center Inc.** Mayor Cheryl Cox of the city of Chula Vista has been one of the key supporters of this much needed center along with Congressman Bob Filner, Assemblywoman Mary Salas, a local dermatologist Dr. Peter and Ginger Rullan, and the business community. Financial support also comes, board members, and individual donations, and grants from South Bay Cruisers, Las Primeras and San Diego Affiliate of Susan G. Komen. A Women's Wellness Center Inc. will be supporting more low income women through a new program called "Angels of Hope - To Save a Life". With this program, businesses and individuals can sponsor a woman diagnosed with cancer or a survivor to receive products and services that research has shown to increase the quality of her life and increase her chances of survival. To become an Angel of Hope- To Save a Life or to make a tax deductible donation on online you can go to: [www.firstgiving.com/awomenswellnesscenter](http://www.firstgiving.com/awomenswellnesscenter).

During one of the most vulnerable times of a woman's life, when her life is turned up-side down, this organization is a refuge offering hope and strength.

Don and Erendira will receive the 10News Leadership Award on Tuesday January 20, 2009 in the category of Community Action. Watch 10News, Live @ 6:00 on Thursday, January 29, 2009 for the presentation of the award. For more information, please contact A Women's Wellness Center Inc. at (619)425-5927 or visit [www.awomenswellnesscenter.org](http://www.awomenswellnesscenter.org)

The 10News Leadership Award recognizes San Diegans who are dedicated to improving our community. To nominate a friend or colleague, log on to 10News.com and click on "10News Leadership Award" to fill out a nomination form. The 10News Leadership Award committee, made up of KGTV staff members, Volunteer San Diego, and LEAD San Diego members, will review each submission. You can also send a nomination letter to **10News Leadership Award, 4600 Air Way, San Diego, CA 92102**. Include your phone number and address, as well as the contact information for the person you are nominating. 10News reporter Geni Cavitt presents the 10News Leadership Award each Thursday on 10News Live @ 6:00. The 10Leadership Award: another way 10News, Sempra Energy Foundation, LEAD San Diego, and Volunteer San Diego are making San Diego a better place to live.



**Leadership Award 2009**

