

South County Educational Ambassador Programs Award

August 15, 2009

Eréndira Abel is the founder, and the full time volunteer Chief Executive Officer of **A Women's Wellness Center** in Chula Vista, a non-profit 501 (c) 3 organization. During her journey with breast cancer in 2003 she found that there was a need for a center that would offer affordable integrative health services and products for all women regardless of income to enhance their health and wellbeing in order to prevent life threatening illnesses and to serve women who are diagnosed with a life threatening illness like cancer.



In 2007, after her battle with cancer and depression after cancer, Mrs. Abel opened A Women's Wellness Center which includes the first health boutique in South Bay for women diagnosed with cancer. Mrs. Abel designed the center's atmosphere, décor and programs to meet the special needs of women suffering from chronic degenerative illness. A Women's Wellness Center is dedicated to providing hope and strength to women diagnosed with cancer and their families. During one of the most vulnerable times of a women's life, when her life is turned upside down, this organization is a refuge. The bilingual (English/Spanish) services and products offered are the support and hope the women need in their battle to fight this dreadful disease. As a breast cancer survivor she knows the difference these services can make in a women's life. The center offers on a sliding fee scale based on the client's income; specialized services and products for women diagnosed with cancer, diabetes, fibromyalgia, arthritis and other chronic conditions. The services and products are: weight management, gentle yoga, chair yoga, mat Pilates, laughter yoga, healing through dance & movement, acupuncture, massage therapy, healing touch, support groups, hats and wigs for hair loss, breast prostheses, bras, and pharmaceutical-grade nutritional supplements and more.

To financially support the work of A Women's Wellness Center, she has spearheaded "**Angles of Hope**" a program that encourages individuals and businesses to sponsor women diagnosed with cancer and through their donations women receive the gift of much needed specialized services and products that research has shown greatly improves the quality of her life and increases her chances of survival.

Her recent recognitions include; a Certificate of Special Congressional Recognition presented by Congressman Bob Filner, a Certificate of Recognition from the California Legislature presented by State Assembly Member Mary Salas, a Certificate of Recognition from the City of Chula Vista, and most recently she and her husband Don were awarded the Channel 10 Leadership Award for the work they are doing at A Women's Wellness Center.