

Dialogue
Culture

slimpeace

Empowerment
Health

SUMMARY: Slim Peace brings immigrant and non-immigrant women together to improve their eating habits and adopt a healthy lifestyle, while breaking down stereotypes. Immigrant and non-immigrant women rarely find opportunities outside their own communities to come together in an intimate setting to share their stories and learn about each other. Slim Peace meets that need in groups guided by professional facilitators who also provide healthy eating strategies for the participants and their families.

HISTORY: Slim Peace began in Israel in 2007 by bringing together Jewish, Muslim, and Arab women who would have normally never met into a weight loss group. Since then, Slim Peace has brought more than 450 women together. Our groups stress education and tolerance about different cultures and faiths through personal, intimate discussions. Our first U.S. group began in Boston in January 2013. Since then, Slim Peace has started up in Washington, D.C., Chicago, and Portland

THE SLIM PEACE PORTLAND PORTRAIT : 2014 WINTER & SPRING COHORTS



Cultural Diversity	27 women from the United States, Somalia, Sudan, Ethiopia, Djibouti, Burundi, Rwanda, Congo, Cameroon, Afghanistan, and Germany.
Religious Diversity	10 Muslims, 11 Christians, 5 Jewish women, and 1 "other."
Age Diversity	Ages 18-71
US Residency	Some immigrant women have been residing in the United States nearly all their lives and one arrived just a few months ago.
Professional Facilitators	Cohorts led by Bushra Islam, a Muslim registered dietician and Stephanie Cimmet, a Jewish licensed clinical professional counselor, modeling women of different cultures working together toward a common goal.
Results	Participants connected to each other, improved their diets, felt more comfortable in mixed groups, and, those who wanted to, lost weight.
Partner	Greater Portland YMCA – providing meeting space and helping to recruit participants from among its diverse membership
Funding	Private donations, Sam L. Cohen Foundation, Cushman D. Anthony Charitable Giving Fund at Maine Initiatives, and the Jewish Community Alliance.
Short Term Plan	Slim Peace teen program, starting in October 2014, targeting 15-18 year old girls. USM student cohort, also starting in October.

Contact: Sara Schwartz, Portland Project Coordinator Sara@slimpeace.org or go to www.slimpeace.org for more info!