



Theresa Okeh, MPA

Chief Community Liaison

As a seasoned professional with a passion for public service, I have embarked on a transformative journey dedicated to promoting health and wellness in both individuals and communities. My pursuit of knowledge began in 2001 when I enrolled at the Metropolitan College of New York, where I earned my bachelor's degree in professional studies and later pursued a master's degree in management administration/Homeland Security. My dedication to learning and growth led me to complete a certified Military Academy Seminar, which played a pivotal role in shaping my understanding of emergency and crisis management.

Throughout my career as a New York City Hospital Police officer, I had the privilege of serving the community for 14 years, gaining invaluable experience in human services. This hands-on experience allowed me to witness the profound impact that health and wellness initiatives can have on individuals and the broader community. I firmly believe that everyone possesses the right to choose a path that not only fulfills their desires but also benefits society as a whole.

It is with great excitement and commitment that I request to join the Shiloh City of Peace Foundation Inc., Executive Board through the Just Ask 4 Wellness mission as a Community Liaison. Just Ask 4 Wellness supports my vision of creating a world where the connection of mind, body, and spirit takes center stage in the pursuit of holistic well-being. Our mission is to empower individuals and communities with the knowledge and tools they need to make informed choices about their health, fostering a culture of well-being self-empowerment, and restorative living.

Through my expertise in case management and crisis response, I aim to develop individual and community incentive-style outreach programs that will inspire positive lifestyle changes and wellness practices. These programs will use evidence-based approaches, drawing on the latest research in health promotion and behavior change.

I am deeply committed to forging strong partnerships with diverse community stakeholders, including healthcare providers, community organizations, and local leaders, to collaboratively address health disparities and promote inclusivity in wellness initiatives. My goal is to build a robust support network that encourages individuals from all walks of life to embrace their health and well-being journey.

I am eager to contribute my skills, knowledge, and unwavering dedication to the Just Ask 4 Wellness mission. Together, let us embark on a transformative journey to cultivate a healthier and more vibrant world, where individuals and communities thrive through the harmonious connection of mind, body, and spirit.

Land, Housing, Bread, Clothing, Education, Equality and Justice