

AFRICAN AMERICAN WOMEN TRUCKING ASSOCIATION



HEALTH & WELLNESS ON THE ROAD:

WELLNESS IS THE ROAD TO
SUCCESS.

A Health Empowerment & Career Sustainability Initiative

2025-2026

Format: Hybrid (In-Person + Virtual Option Available)

Location: The Power Hub – Decatur, GA| Onsite at
your company's facility.

Program Duration: (8) Hours| Accelerated Course
Available



www.aawta.org

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This document shares the mission, vision, and transformative work of the African American Women Trucking Association (AAWTA). Together, through this program, we are redefining opportunities and shaping a stronger future for the trucking, supply chain, and logistics industries.

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Driving Change Through Purpose



EXECUTIVE SUMMARY:

The **Health & Wellness on the Road Course** by AAWTA is a fast-track initiative designed to *improve the physical health, mental wellbeing, and occupational safety* of trucking and logistics professionals. Delivered in an accelerated **8-hour format** (*Accelerated Course Available*), this course **equips participants with practical skills and certifies them as Road Wellness Advocates**. Training is **available at The Power Hub in Decatur, GA or onsite at corporate facilities**, helping build a healthier, safer, and stronger workforce.



ABOUT AAWTA:

The **African American Women Trucking Association** (AAWTA) is committed to empowering individuals from all backgrounds to succeed in the **transportation, trucking, and logistics industries**.

AAWTA is dedicated to **advancing career opportunities** in transportation and logistics while **developing programs that serve youth, returning citizens, and second-chance individuals**. Through mentorship, training, and reentry support, we are building pathways to career development and long-term industry impact.

"FUELING FUTURES IN TRANSPORTATION."



OUR MISSION:

The mission of the **African American Women Trucking Association** (AAWTA) is to empower and support **African American women, women of color, men, and our diverse membership community** through workforce development, education, and advocacy.

Course Overview:

Course Description: The **Health & Wellness on the Road course** is a fast-paced, training designed by health, wellness, and trucking industry professionals, on the importance of prioritize physical health, mental wellbeing, and workplace safety. Participants learn practical strategies for fitness, nutrition, stress management, injury prevention, and DOT health compliance — all supported by health professionals and the AAWTA community. **Earn a Road Wellness Advocate Certification to strengthen your careers and wellbeing both on and off the road.**

OUTCOMES & IMPACT

- Immediate skills to improve health, performance, and quality of life
- Tools to pass DOT physicals and maintain career eligibility
- Reduced risk of injuries and long-term health complications
- Connection to wellness support resources through AAWTA

WHAT PARTICIPANTS RECEIVE:

- Road Wellness Advocate Certification + Digital Badge
- Health and Wellness Action Plan and handouts
- Health & Fitness Tools (Sample Meal Plan, Cab Workout Sheet)
- Support from Health Professionals & AAWTA Community + More

(1) Class Session

Format: Hybrid (In-Person + Virtual Option Available)

Location: The Power Hub – Decatur, GA| Onsite at your company's facility.

Program Duration: (8) Hours|

*Accelerated Course options Available upon Request) *1-6 hours*



AGENDA AT-A-GLANCE

Session 1: Foundations of Health in Transportation (1.5 Hours)

- The State of Health in Trucking & Logistics
- Common Health Risks: Obesity, Diabetes, Hypertension, Sleep Apnea
- The Cost of Neglecting Health: Safety, Career Longevity, and Life Quality
- The Role of Wellness in Certification (DOT Physicals)

✓ **Quick Activity: Complete a Personal Health Self-Assessment**

Session 2: Road-Ready Physical Fitness & Nutrition (2 Hours)

- Preparing for and Maintaining DOT Physical Requirements
- Smart Nutrition at Truck Stops: What to Choose, What to Avoid
- Simple Movement Routines: 5-Minute Workouts Anywhere
- Staying Fit in Small Spaces: Cab Exercises, Stretching, and Core Strength

✓ **Quick Activity: Create a Personal "Road Fitness Plan"**

✓ **Optional Stretch Break/Movement Demo**

Session 3: Mental Health & Stress Resilience (2 Hours)

- Understanding Fatigue, Burnout, and Isolation on the Road
- Identifying Warning Signs Before They Impact Safety
- Stress Management Techniques (Breathing, Mindfulness, Scheduling Breaks)
- Sleep Hygiene for Truckers: Getting Rest Without a Home Routine

✓ **Mini Activity: Guided Mindfulness & Breathing Exercise**

✓ **Reflection Exercise: Create a "Mental Health Emergency Plan"**

Session 4: Occupational Safety & Injury Prevention (2 Hours)

- Best Ergonomics for Drivers: Posture, Seat Setup, Equipment Handling
- Loading and Unloading Safely (Avoiding Strains and Sprains)
- First Aid Readiness: What Every Truck Should Have
- Emergency Preparedness for Solo Drivers and Teams

✓ **Quick Scenario Drill: Injury Prevention Challenge (Real-World Examples)**

Session 5: Integration & Certification (30 Minutes)

- **Review:** Personal Wellness Plan (Road Fitness + Mental Health + Safety)
- Setting **30-Day, 60-Day, and 90-Day SMART** Health Goals
- **Final Knowledge Check:** Health & Wellness Quiz
- **Awarding of Certificates:** Road Wellness Advocate Certification

🎓 Graduation Ceremony + Class Photo Opportunity

Registration is open Now!



< Join Now >

2025

Jumpstart Your Career!

Enroll Now for our upcoming Sessions.

Buy Now Pay later options available.



www.aawta.org

REGISTRATION, PAYMENT PLANS & FINANCING

We're excited to announce that registration is officially open!

Group Rates Available

◆ How to Register:

You can register in one of two ways:

1. Online: Visit our website at www.aawta.org and complete the registration form.
2. By Phone: Call us directly at ☎ **770.756.6768 | 844.884.9663** to speak with a team member who can walk you through the process.

Once you register, you'll receive a confirmation email with next steps, including orientation information, program materials, and how to choose your training track.

◆ Payment Plans & Financing Options: Now Available!

If you need more time or support to cover tuition costs, we offer financing options through trusted third-party partners. Contact us directly to request financing options.

Take the first step toward your future in transportation, logistics, or business ownership. Flexible payment plans make it easier than ever to invest in your success.

BONUS: All registered participants will receive a **FREE Copy** of **Mapping Your Journey: A Trucking & Logistics Success Notebook** + Register at least **30 days** before the course start date and receive an exclusive **Welcome Package with bonus materials and program essentials**.



Contact us today to register and reserve your spot!

✉ Registration@aawta.org
☎ 770.756.6768 | 844.884.9663



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Partnership & Support Opportunities



At AAWTA, we believe in ***the power of collaboration to drive meaningful change***. We actively welcome partnerships with universities, *workforce development boards, reentry programs, corporate sponsors, and career services departments* to expand the reach and *impact* of our program.

Through strategic partnerships, we can build stronger pathways for underserved individuals to access ***career training, certifications, mentorship, and sustainable employment opportunities*** within the *transportation, logistics, and supply chain sectors*

WAYS TO PARTNER WITH US:

◆ Sponsor a Student or Equipment:

Invest directly in the future workforce by sponsoring tuition costs, training materials, or providing industry-specific equipment to support hands-on learning experiences.

◆ Co-Host Workshops or Job Fairs:

Collaborate with AAWTA to organize specialized events, employer panels, or career fairs that connect program graduates to trucking industry professional networks.

◆ Promote the Program to Eligible Candidates:

Help extend the program's reach by promoting enrollment opportunities to students, clients, community members, or through your organization's communications channels.

◆ Offer Mentorship Opportunities:

Become a mentor to program participants by providing guidance, encouragement, and career advice throughout their training journey. Mentorship helps students build confidence, set goals, and navigate their new career paths.

◆ Support Internship & Apprenticeship Placement:

Partner with AAWTA to create internships and apprenticeships specifically for students and graduates of the Breaking Barriers program. These hands-on opportunities give participants real-world experience, making them stronger candidates for full-time employment.

◆ Participate in the Employment Pipeline:

Be an active part of AAWTA's employment initiative by offering direct job opportunities to program graduates. Employers can recruit from a pool of certified, career-ready individuals who have completed rigorous training and mentorship, helping to strengthen and diversify their workforce.

**Ready to join us in breaking barriers and driving change?
Contact us today to explore partnership opportunities!**

✉ Registration@aawta.org | ☎ 770.756.6768 | 844.884.9663

For More About AAWTA



The **African American Women Trucking Association** (AAWTA) is committed to *creating pathways to success through **education, workforce development, mentorship, and advocacy.*** We proudly support individuals at every stage of their career journey — from training to business ownership and beyond.

If you are **interested in learning more about our programs, partnership opportunities, or how to get involved**, we invite you to reach out.

Together, we are building a stronger, more inclusive future in transportation and logistics.

PHONE :

☎ 770.756.6768 | 844.884.9663

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Mental Health and Wellness

VP| Natasha Jones

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Program Director: TBA

President & Cofounder

Nicole@aawta.org



MESSAGE FROM NICOLE WARD

PRESIDENT & CO-FOUNDER, AAWTA

At AAWTA, we believe opportunity should have no limits. When we invest in people's skills, dreams, and futures, we create lasting change across industries and communities.

The Breaking Barriers: Future Forward Workforce Program opens doors in transportation, logistics, and supply chain industries. Through education, mentorship, and partnerships, we're helping individuals build careers, legacies, and a stronger economy.

~ Nicole Ward

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