HER PowerShift™

Midlife isn't the end. It's a PowerShift™.

Carteret County Grant
One-year update

With $1,245 of a $2,000 grant, we reached 322 women for about $3.87 each.

322
women reached directly

7
community events and workshops

600
brochures in 4 doctors' offices

150
women across NC asked to stay connected

Women are speaking up, and getting care

5 women received hormone therapy consults, paid for by the grant, because they couldn't afford them up front.

6 women who felt unheard by their doctors were referred and given the right questions to ask.

12 women asked their doctors about vaginal estrogen for recurring UTIs. Two were told they were "too old," found another doctor, and got treated.

Where the remaining $755 goes

Brochures and handouts with our latest data	$200
Care access: consults and bone density tests	$350
M2 socials, including HER PowerShift Café	$205

Why it matters

More than **22,000 women 40 and older** live in Carteret County. We've reached about 1 in 70. We're just getting started.

How you can help

Open your doors for an M2 social or gathering. **Share** with one woman who needs this. **Scan the code** to join and get our free guide.

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County figures: U.S. Census Bureau, American Community Survey 2019–2023 5-year estimates. HER PowerShift is independent and non-clinical; this handout is educational, not medical advice.