

Health Education  
Women's Health Education

# CATALOG



EDUCATE & EMPOWER

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# OUR FOUNDER

NUERA WOMEN, LLC

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## Jessica Rosa

Jessica Rosa, is the Founder and Owner of NUERA WOMEN, LLC.

NYS Dual Certified: Physical Education & Health Education

Wife | Mother of 2 | Autism Parent | Conference Presenter

Creator of a High School Women's Health Course under NYS Health Education

Designed & Implemented a Secondary Women's Health Curriculum

Adjunct Lecturer, CUNY Lehman College - Department of Health Promotion and Nutrition Sciences

Designed a Graduate course curriculum: Special Needs in the Health Education Classroom for CUNY Lehman College (Dept. HPNS)

Doctoral Student at Teachers College Columbia University - Department of Health Promotion and Education (Research focus: Women's Health - PCOS)



# ABOUT US

**Our mission** is to educate and empower our youth and our adults through inclusive, engaging, and culturally responsive health education and women's health education. We are dedicated to helping people of all ages build confidence, deepen self-awareness, and make informed choices about their well-being. Through transformative learning experiences, we plant the seeds of knowledge and growth—so every person can flourish in their health, identity, and future.

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## EMPOWERING THE WELLNESS JOURNEY THROUGH Sunflower Growth

NuEra Women leads with positivity, love, and laughter to foster connection, communication and community.

# WHO WE SERVE

**NuEra Women** proudly partners with academic institutions, non-profit organizations, and corporate teams to deliver meaningful health education and women's health education experiences. Whether in classrooms, community programs, or workplace wellness initiatives, we tailor our offerings to meet the unique needs of each audience. Our work supports adolescents, young adults, educators, and professionals—creating informed, empowered communities rooted in Sunflower Growth.



## EMPOWERING THE WELLNESS JOURNEY THROUGH Sunflower Growth

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# OUR SERVICES



**WE DELIVER COMPREHENSIVE HEALTH AND  
WOMEN'S HEALTH EDUCATION WORKSHOPS AND  
PROGRAMS.**

## NUERA WOMEN DISCOVERY EXPERIENCE

A dynamic, one-time session that introduces participants to the core values and topics of the NUERA WOMEN curriculum.

This experience offers a powerful introduction to health and wellness and serves as an ideal gateway into our 5-part Customized Health Education Series or our 10-part Signature Women's Health Education Curriculum.

## FEATURED WORKSHOP TOPICS :

Sunflower Growth: Understanding Health Education from Teen to Adulthood

Navigating Health Disparities for Preventive Care in Today's Society

& More...

**For Inquiries about Our Single Workshop**

**Please Email Us!**

**[info@nuerawomen.com](mailto:info@nuerawomen.com)**

# OUR SERVICES



**WE DELIVER COMPREHENSIVE HEALTH AND  
WOMEN'S HEALTH EDUCATION PROGRAMS AND  
WORKSHOPS.**

## CUSTOMIZED HEALTH EDUCATION SERIES

Our Customized Health Education Series offers five interactive sessions tailored to meet the unique needs of your community.

Through this five-part series, communities we serve can either select from our diverse menu of workshop topics or focus deeply on a single wellness theme.

Our Series deep dives into interactive health based skills activities, critical thinking, health based discussions and content.

## HEALTH EDUCATION HIGHLIGHT TOPICS:

**Sunflower Growth: Owning your worth & creating boundaries**

**Growing your Mental Health Roots to Blossom**

**& More...**

**For Inquiries about Our Health Ed Series**

**Please Email Us!**

**[info@nuerawomen.com](mailto:info@nuerawomen.com)**

# OUR SERVICES



**WE DELIVER COMPREHENSIVE HEALTH AND WOMEN'S HEALTH EDUCATION PROGRAMS AND WORKSHOPS.**

## SIGNATURE WOMEN'S HEALTH CURRICULUM

Our most comprehensive and impactful curriculum, offering ten structured sessions on core topics in Women's Health for preventive care.

Our Signature service is designed to serve academic settings, community programs and professional settings. The curriculum addresses the physical, emotional, spiritual, social, and mental aspects of health.

Each session builds knowledge, fosters self-awareness, and encourages personal growth through engaging content, open dialogue, and interactive health based skills activities for long term health and wellness.

## SIGNATURE HIGHLIGHT THEMES:

**PCOS, Fibroids, and Endometriosis: Education Focus**

**Breast and Gynecologic Cancers: Preventive Care**

**Menstrual Cycle and Hygiene: Personal Care & More...**

**For Inquiries about Our Signature Curriculum**

**Please Email Us!**

**[info@nuerawomen.com](mailto:info@nuerawomen.com)**



# OUR EXPERIENCES

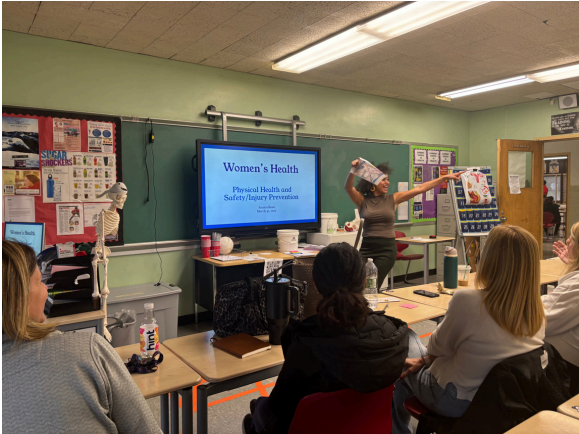
WESTCHESTER PRESENTATION



BOCES PRESENTATION

# OUR TRANSFORMATIONS

## LONG ISLAND PRESENTATION



## GIRLS INC. LONG ISLAND HIGH SCHOOL WORKSHOP







INTERESTED IN LEARNING MORE ABOUT NUERA  
WOMEN?

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CONTACT US!



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