

MISSION

The Gold Wellness Circle is a 501(c)(3) nonprofit organization dedicated to promoting physical, mental, and emotional wellness within underserved communities and beyond. Through wellness education, fitness activities, exercise programs, yoga, meditation, self-care practices, community support programs, health advocacy initiatives, and strategic collaborations with community partners and wellness organizations, we provide resources that empower individuals and families to live healthier, more balanced lives.



Our mission is to create accessible pathways to wellness by supporting vulnerable populations and addressing critical community needs through initiatives focused on mental health, breast cancer awareness, cancer survivorship, Alzheimer's caregiver support, and overall community wellness.

Through educational workshops, wellness programs, resource connections, and community collaborations, Gold Wellness Circle works to strengthen resilience, improve quality of life, and create a supportive circle where individuals and families feel empowered, connected, and supported.

CORE PROGRAMMING

- **Wellness Education:** Meditation, Zumba, yoga, fitness activities, nutrition education, and self-care workshops promoting physical, mental, and emotional well-being.
- **Community Support:** Wellness check-ins, peer support groups, and safe spaces that encourage healing, connection, and resilience.
- **Health Advocacy:** Programs focused on breast cancer awareness, cancer survivorship, Alzheimer's caregiver support, and overall health and wellness education.
- **Food Security & Community Resource Initiatives:** Providing support to schools where 40% or more of students are experiencing homelessness or economic hardship by connecting them with needed resources, partnerships, and support services to address critical community needs.
- **Annual Awareness Events:** Campaigns, workshops, and community initiatives promoting mental and physical wellness.

COMMUNITY IMPACT

Gold Wellness Circle has guided hundreds of individuals through wellness programs, connected families with health and community resources, supported schools serving vulnerable student populations, and raised awareness around Alzheimer's, breast cancer, and cancer survivorship.

Through partnerships with wellness organizations, community leaders, advocates, and funding partners, Gold Wellness Circle continues to strengthen resilience, dignity, and hope among the communities we serve.

LEADERSHIP & GOVERNANCE

Board of Directors

- **Debra Dixon-Anderson**, *President*
- **Richard Anderson**, *Treasurer*
- **Michelle Logan**, *Secretary*

Advisory Board

- **Eula M. Guest** — Branding and education advocate specializing in women's issues, community engagement, and wellness education. Featured on MSNBC/WABC, author, and workshop host.
- **Tiffany Donaldson** — Trademark and business attorney providing legal guidance and support to entrepreneurs and nonprofit organizations.
- **Lisa Watkins** — Retired educator, community service leader, and international volunteer supporting community development initiatives.
- **Dawn Johnson-Adams** — Educator and advocate connecting families to health and education resources
- **Robin Ross-Anderson** — Financial services professional, fitness advocate, and community volunteer supporting wellness and community outreach efforts.
- **Ginger Davis** — Nonprofit development and health advocate specializing in fundraising, grant writing, sponsorship development, and strategic partnerships.

ORGANIZATIONAL STRENGTHS

- IRS-recognized 501(c)(3) nonprofit organization
- Established in 2020 with a proven track record of community impact
- Experienced leadership team and diverse advisory board with expertise in wellness, healthcare advocacy, education, fundraising, legal support, marketing, and community development
- Strong capabilities in grant development, sponsorship opportunities, nonprofit partnerships, and diversified funding strategies
- Established collaborations with wellness organizations, community partners, and advocates
- Commitment to supporting underserved communities through accessible wellness programs, health advocacy initiatives, and community resource support

CONTACT INFORMATION

DEBRA DIXON-ANDERSON
President

info@lightofgoldpr.com
goldwellnesscircle@gmail.com
212-786-6838
917-385-1079
www.goldwellnesscircle.com

