

WNBA Partners with Heart of America and Guadalupe Thunderbirds Boys and Girls Club to Unveil New Wellness Room During All-Star Week

[Phoenix, AZ] [07/19/24] - Heart of America is proud to announce the opening of a new Wellness Room at Guadalupe Thunderbirds Boys and Girls Club, a collaboration made possible through partnership with the WNBA. Timed with this week's All-Star Game, the Heart of America team led design and construction efforts for this much-anticipated facility. The unveiling was commemorated with a bustling launch event, uniting club staff, students, and WNBA representatives in a shared commitment to promoting health and well-being.

The dedicated Wellness Room has been fitted to accommodate the club's Positive Action program. This program, led by certified wellness coaches, helps teach social and emotional strategies to club members. Fitted with new tables, comfortable seating, and an interactive Infiniti table for collaborative therapy, the space is thoughtfully designed to advance the program's objectives.

The initiative aligns with the WNBA's *Her Time to Play* program, which provides women and girls with ways to connect, collaborate, and actively engage with basketball and one another.

Student speakers opened the event with excitement about the new facilities.

"We're dedicated to crafting environments where young people feel safe, inspired, and like they have a team behind them," says Jill Hardy Heath, CEO at Heart of America. "The WNBA has been an incredible ally in this effort. From coast to coast, our partnership has empowered schools and community centers with the resources they need to ensure students feel emotionally supported."

Almost 100 students attended the event, participating in wellness tasks and challenges, such as a basketball clinic and other small group sessions in the new space.

To learn more about the WNBA's *Her Time to Play* and other wellness initiatives, visit: <https://jr.nba.com/hertimetoplay>

To learn more about Heart of America's work to transform and uplift community spaces, visit: heartofamerica.org