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## Empowering Women to Stop Hiding & Start Thriving



### Problem Statement:

- Women of all backgrounds, particularly WOC, are disproportionately impacted by inflammatory and autoimmune diseases, which significantly affects their overall health and well-being.
- As a result, professional women often face challenges maintaining their careers or businesses, leading to non-compliance to medical treatment, poor health outcomes and financial instability.

### Our Mission

Inflamed Sisters Thriving (IST) is a 501(c) (3) non-profit organization dedicated to empowering women living with autoimmune diseases to stop hiding and start thriving. We empower women to thrive personally and professionally with trusted resources, a supportive community, and health equity alliances.

### Our Vision:

To create a future where women with inflammatory diseases are leaders in their health journeys, careers, and communities—supported by equity, advocacy, and connection.



### Solution:

Inflamed Sisters Thriving offers a supportive community of like-minded experts from diverse professional backgrounds who live with inflammatory diseases. We actively advocate and raise health awareness, provide professional support and champion health equity. We create a safe space where women can thrive personally and professionally despite their health journey.



## Milestones:

- Assembled a Board of Directors with leading health, fitness, mental health, and business professionals volunteering evidence-based education and services.
- Created a vibrant user-friendly web-based community platform and podcast. Secured sponsorships and connected key stakeholders with the autoimmune and chronic illness community.
- Since 2022, IST has raised \$110,000 to support chronic illness awareness, autoimmune disease initiatives, women's health, and health equity.
- Successfully funded and hosted 12+ in-person and monthly virtual events with a combined attendance of more than 1,000 people with significant changes in health, career, and business reported through testimonials.
- Championed autoinflammatory disease initiatives by partnering with pharmaceutical and medical research organizations providing essential support for patient advocacy.

## Key Benefits/Features:

- Empowering women through a dynamic and supportive community.
- Monthly virtual events with expert speakers.
- Quarterly in-person events and annual retreat to inspire, educate, and network.
- Access to trusted resources that support health, wellness, and professional success, including the Inflamed Sisters Thriving Podcast and social media platforms.
- Connection with diverse influential women thriving in health and business, and the opportunity to contribute to health equity.

## Future Objectives:

- IST will be recognized as a pioneer in culturally competent case management service to 1,000+ patients with diverse autoimmune conditions.
- Become a resource for ERG groups, providing wellness education and coaching to support employees living with chronic illnesses, reducing overturn, loss of investment, and improved health and professional outcomes.
- Connect key players in the medical research industry to reduce the prevalence of untreated autoimmune diseases in women.
- Advance health equity in medical research by providing education and training to health professionals and patients while connecting them to appropriate research projects..



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