

## Richmond, VA WFWP's Thanksgiving Event: Achieving Healthy Family Traditions

Richmond and Bayo Adrien  
November 26, 2016



The Richmond, Virginia Chapter of WFWP joined together with International Family Center (IFC) Women United to co-sponsor a special Thanksgiving family event on November 26 to honor their commitment to elevate the critical role women play in raising the family.

The program was to educate and empower those gathered by bringing awareness to what and how we eat, what and how we think, as very important tools that can lead to achieving healthy family traditions and values with the nutrients of true love.

Mrs. Ayano Ishii-Adrien, Richmond WFWP Chairwoman and IFC Women United co-founder, presided over the program with welcoming remarks. Building healthy families and communities begins with the unity and partnership between men and women with a concerted focus to cherish and celebrate the role of women in the family, community, and the world as equal partners.



A prayer was led by Rev. Dr. Patricia Fisher, Virginia Parent of the year 2014 and co-pastor of the Fiery Furnace Family Church in Richmond. Ms. Roslyn Russell, active local WFWP member then presented the vision of WFWP and the many local and international projects.

The main speaker, Dr. Linda Karim, gave a very well thought out presentation about food and nutrition. Dr. Karim, is a Certified National Health Professional Neurolinguistics Consultant, who is well versed and knowledgeable on what and how to use food to enhance a healthier lifestyle.

Father Bayo Adrien, Pastor of IFC-International family church and co-founder of IFC Women United, concluded the program with a wrap-up presentation on the need to establish healthy family traditions and values at home. We need to then extend that lifestyle into the community as we partner and establish healthy working relationships with other families, NGOs, and communities of faith and love.



The official program concluded with the appointment of Ms. Tsyeba Johnson as an Ambassador for Peace. Ms. Johnson, is the founder of 'Stay Black and Graduate' a Richmond-based NGO working to encourage and support inner city youth as they face educational challenges in school. With that, everyone was invited to stay to partake in an array of international dishes from Japan, Nigeria, Cameroon, the Caribbean, and America. During the program \$120.00 was raised to support the WFP Schools for Africa project.

To continue the search for health and well-being, a monthly women's life Spa program was initiated and organized by Richmond WFP and IFC Women United to begin in December. WFP is encouraging everyone to prepare with 'a new you look' to welcome 2017. WFP Richmond and IFC Women United will continue to promote family driven programs to "Achieve Healthy Family Traditions and Values with the Divine Nutrients of True Love."

