



Aneshia Y. Smith Institute For Women and Girls

MISSION

Empowering and improving the lives of women and girls through education on topics related to mind, body, and spirit.

VISION

To add value to the community by making a positive impact on the lives of women and girls. To support women and girls in identifying and exploring life choices and empowering them to attain their personal and professional goals through education, training, and support.

PROGRAMS

MIND – Training and education in the following areas including, but not limited to, STEM (Science, Technology, Engineering, Math); Advanced Manufacturing; Financial Literacy. Teaching women and girls by offering group workshops with programs that address community needs. We believe that nourishing the mind is essential to empowering women, girls and their families and fostering a sense of mental wellness.

BODY – Training and education in the following areas including, but not limited to, Spin-Indoor Cycle; Yoga; Pilates; Tai Chi; Aerobics; Kickboxing; Self Defense; Nutrition; Health and Wellness; General Fitness. Teaching women and girls by offering group sessions with programs that address community needs. We believe that nourishing the body is essential to empowering women, girls and their families and fostering a sense of physical wellness.

SPIRIT – Training and education in the following areas including, but not limited to, Meditation; Personal Growth; Intuition; Reiki; Metaphysics; Astrology; Philosophy; Feng Shui; Spirit Animals. We believe that nourishing the spirit is essential to empowering women, girls and their families and fostering a sense of spiritual wellness.

CHARITABLE GIVING OF REAL ESTATE – As part of our diversified funding plan, we accept as well as facilitate gifts of Real Estate. Our organization collaborates with nationally recognized experts who assist in the education of community members and organizations and answering questions related to the planned gifting of Real Estate. Donations can be anywhere in the world, and they can include commercial properties, residential properties and land. (Please consult your financial professional to determine how any charitable donation will benefit you.)

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