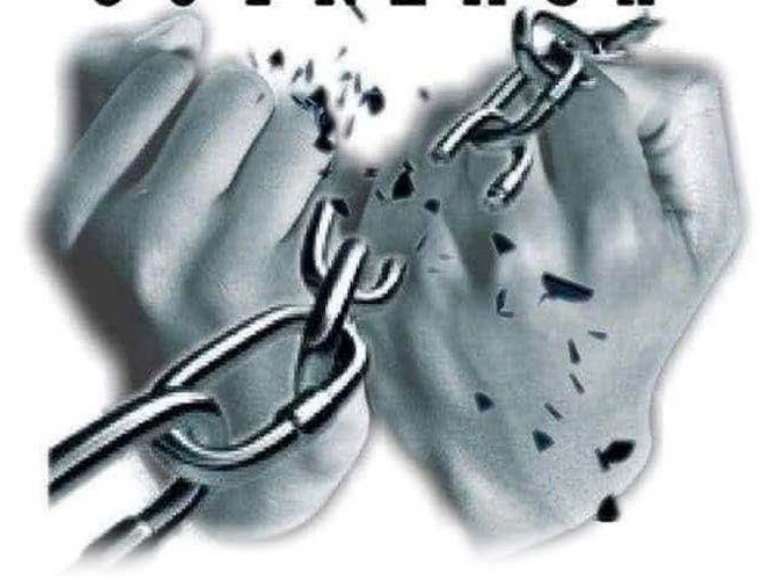


WELCOME!!!

WWW.SHACKLEFREE.ORG

SHACKLE FREE
C O M M U N I T Y
O U T R E A C H



About Us

MISSION

To promote self-reliance and to address all barriers that hinder the holistic well-being (mind, body, spirit) of individuals and families.

PURPOSE

To educate, inspire, advocate, consult, counsel, and increase awareness in historically marginalized, rural, communities of color, and beyond in support of a better way of life.

Agency Programs



URWELL (NC) - United Rural Health & Wellness Initiative of NC

- **Community Health Ambassador Training**
[979f9d_77a2da9202b64b94b02c10c3f560e0d1.pdf \(shacklefree.org\)](#)
- **GoodDaddies Fatherhood Initiative (dads)**
- **Camp Unity -Next Generation (youth)**
 - The Ray Lesene Memorial Scholarship Program
 - Diabetes Support Group (Type I - Juvenile)
- **MOMS - Mothers Overcoming Many Shackles**
- **Senior CARE - Seniors for seniors, disabled, and housebound**
 - Ribbons of Love (cancer)
 - Diabetes Support Group (Pre-diabetes/Type II)

The Shackle Free Buzz! * coming soon!

- Barber/Beauty Professionals Signature Edition (52)
- Veterans Edition (active-duty military, veterans, spouses) *
- LGBTQ Edition *
- Youth Edition (middle/high school age)*
- Senior Edition (65+)*
- School Edition (teachers, instructors, school personnel)*
- LatinX Edition (Hispanic/Latin American)*
- Meat-Packing/Textile Edition (factory workers)*
- Faith-Based Edition

To enroll:

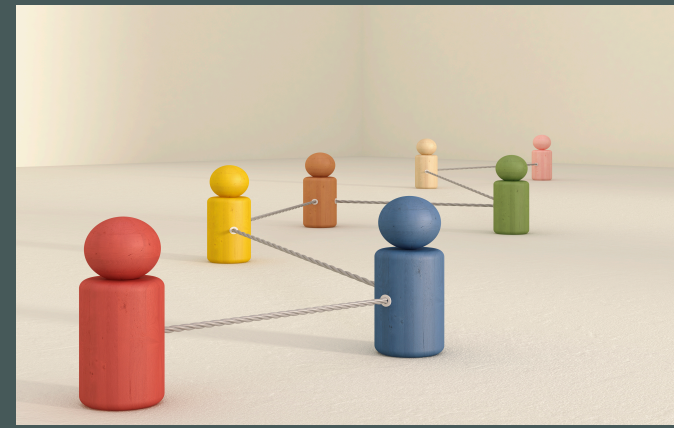
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- URWell-NC
- UNITED RURAL HEALTH & WELLNESS INITIATIVE

"Health is more than the absence of disease. Health is about jobs and employment, education, the environment, and all of those things that go into making us healthy." — Joycelyn Elders

What is all the **BUZZ** about?

https://www.canva.com/design/DAE4egZlrmk/RIqNNV_VbRSZskQr1U-D8w/watch?utm_content=DAE4egZlrmk&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Get Involved!



Virtual Town Hall Meetings: “Let your voices be heard!” 4th Monday monthly @ 6 p.m. (excluding holidays)

Zoom Link: <https://us02web.zoom.us/j/89405287991?pwd=WlowSDVuSTd0ckhnbkRHdzVSaWxEz09> Meeting ID: 894 0528 7991 Passcode: 987982

Website/Blog/Upcoming Events/Training Calendar: www.shacklefree.org

Facebook: [\(20+\) Shackle Free Community Outreach | Facebook](#)

Twitter/Instagram:

Events: Holistic events are held monthly in current service areas: Duplin, Jones, Onslow, Pender, Sampson

Phone: (910) 226-8138 (local) OR 1-833-278-3733 (toll-free)

In-Person: 224 W. College Street, Suite B., Warsaw, N.C. 28398 (Duplin)

Donate: Cash App - \$ShackleFreeInc OR by check/money order to 224 W. College Street, Suite B. Warsaw, N.C. 28398