



ABOUT US

In Chaila's pursuit to improve the health of her community, social engagement, and networking with other nonprofits. In 2019 she organized The GREEN = (Good Health & Nutrition) PEACOCK = (Symbol of Black & Caribbean Culture).

Witnessing a growing health crisis in underserved communities and coupled with the rise of COVID-19, it was evident that our programming needed to address not only the physical inactivity and poor diets leading to obesity but also the need to aid communities in coping with grief, stress, violence, low self-esteem, learning disabilities and the pressures of living in pandemic times.

OUR MISSION

Our mission is to Empower, Educate, Motivate and Engage youth, families, and community to establish a culture of healthy lifestyles.

The Green Peacock Corporation is a fitness and wellness 501(c)(3) that provides physical fitness & wellness programs for school age youth, families, and communities with special devotion to Black and Brown, high poverty, and underserved communities. We influence "Healthy Culture" that supports physical, social, and emotional well-being.

AFTER SCHOOL KIDS PROGRAM



**WE INFLUENCE
"HEALTHY CULTURE"
THAT SUPPORTS
PHYSICAL, SOCIAL
AND EMOTIONAL
WELL-BEING.**



INTERESTED TO WORK WITH US?



(203) 772-8454



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Servicing Greater New Haven, CT
Remote services Available



www.thegreenpeacock.org



PayPal QR code for
tax deductible
donations.



OUR SERVICES



Diabetes Prevention Programs

Recognized by the CDC. Promotes healthy eating habits, physical fitness and quality of life.



Physical Fitness

Zumba, Aqua Zumba Fitness, Boot Camps, Pilates, Drums-Pi-Core, Hip-Hop, Hood Hula, and other fitness activities for increased participation with physical fitness activity.



Emotional Wellness

Yoga, meditation, stretch therapy and other therapeutic activities that uplift moods, promote healing to grieving and emotionally suppressed persons, and provide safe social circles for self-expression and inclusion.



Social Wellness

Self-expression activities to sometimes include walking clubs, gardening clubs, biking clubs, social discussion & reflection circles, field trips, and resource workshops.



**LAURA SKINNER
GILLIAMS**

Help Sponsor

The Laura Skinner Gilliams Healthy Education Scholarship. Laura was the first African American School Nurse in the New Haven Public School District. Laura Gilliams believed that a strong support system informed by uplifting socializations and connection was central to one's physical wellness. She engaged in organizations, causes and alliances aimed at effecting positive change in New Haven and beyond, believing that the vitality of the community required sustained attention to every member's physical, emotional, intellectual, mental and spiritual well-being.