

Turning Pain Into  
Purpose through  
Faith, Wellness, and  
Community



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## MAB Wellness Outreach Annual Report 2023-2024

June 1, 2023 – May 31, 2024

501(c)(3) Organization - Crystal Barber, MNS, RDN - Executive Director/Founder

### Our Mission:

Empowering individuals and communities  
to promote mental & physical well-being.



### Programs & Initiatives:

- Be Fit4 JC Workshops
- Mental Health Events
- Youth Activities & Fundraisers
- 656 Website Visits



**1,169** Participants Served



### Community Impact



**15** Volunteers



**608** Volunteer Hours



Total Served: **1,164**

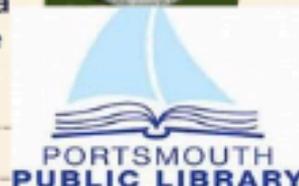
### Fundraising Highlights:

- Artwork Calendar
- Logo Journals & Keychains
- Yard Sale Event



### Community Partners:

- Portsmouth General Hospital Foundation



### Financial Overview:

- Revenue: \$8,609
- Expenses: \$6,308
- Net Profit: \$2,301



**Thank You for Your Support!**

Together, we are making a difference.

In Loving Memory of Michael Artrell Barber.

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