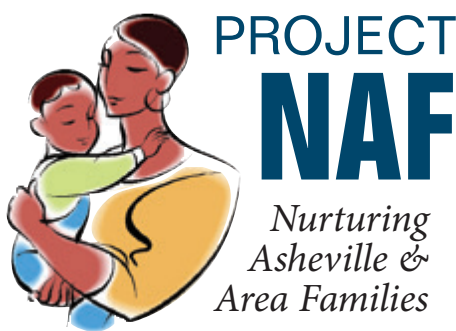


ECHO (Enhancing Collaborative Health Options & Opportunities) through
HOPE (Hope and Healing Opportunities with Proactive & Preventive Education)



July is...

Group B Strep Awareness Month

National Minority Health Month

UV Safety Month

Days to Note

July 10
Chronic Disease Awareness Day,

July 28
World Hepatitis Day

MESSAGE FROM MZCD STAFF



Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.

What is Mental Health?

Mental health includes emotional, mental, and social well-being. Mental health impacts how a person thinks and feels. It also affects how you act, manage stress, and make choices. When you take care of your mental health, you are better able to cope with stress or challenges.



Sometimes it can be hard to manage your mental health. If you have noticed a change in thoughts, behaviors, or moods that disrupt your life, talk to your health care provider. You can also contact a mental health specialist or a trusted loved one for help if you have noticed these changes in yourself or in a loved one.

Source: FDA, US Food & Drug Administration



Save The Date

Saturday, August 29, 2026

29th Anniversary Celebration of
Mount Zion Community Development, Inc.

Join us at 3 p.m. as we celebrate the anniversary of Project NAF, along with milestones from Project EMPOWER and The Elizabeth Grant Hill Campus of Learners.

This celebration is more than an event—it's a testament to lives changed, communities strengthened, and hope restored.

The event takes place at Tried Stone Missionary Baptist Church, 100 Carroll Ave., Asheville, NC 28801. A catered meal will be provided.

Minority Mental Health Awareness

July is National Minority Mental Health Awareness Month. It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness.

In 2020, fewer than one in every two African American adults got care for mental health. In 2018, Asian Americans were 60 percent less likely to receive mental health treatment than non-Hispanic Whites.

Obstacles for many include a lack of health insurance, less access to treatment, and stigma.

Mental illness can affect women of all races and ethnicities. Show your support this month and beyond by learning more about mental health.

Source: FDA, US Food & Drug Administration



Heart Disease

What Every Woman Needs to Know

One out of every five deaths in women in the United States is caused by heart disease.

Heart disease refers to different types of heart conditions. One example is a heart attack, which happens when plaque or a clot blocks the flow of blood to the heart muscle. Another is coronary artery disease, which occurs when plaque builds up in your arteries.

Some people believe that heart disease mainly affects men. But women are just as likely as men to have heart disease.

Heart Disease Risk Factors in Women

Some risk factors for heart disease may run in families, such as a family history of premature heart disease, while others may be due to lifestyle factors. Here are a few common risk factors for heart disease:

- Diabetes
- Smoking
- Obesity
- Menopause
- High cholesterol
- High blood pressure

Signs of Heart Disease

Heart disease is sometimes known as a silent disease and may not be diagnosed until you have other symptoms or emergencies such as a heart attack. Know the signs of a heart attack. For women, signs can be the same or different from those in men.

- Heavy ache in your chest or back between your shoulder blades
- Sharp pain in your upper body
- Shortness of breath
- Breaking out in a cold sweat
- Nausea
- Unusual or unexplained tiredness
- Feeling dizzy or light-headed
- Feeling sick to your stomach

If you have any of the above signs, reach out to a health care provider for medical advice. In the case of a medical emergency, call 9-1-1.

Source: FDA, US Food & Drug Administration

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Dr. John H. Grant,
Founding Chairman,
President, CEO of
Mount Zion Community
Development, Inc.



Belinda K. Grant,
Chief Executive
Director of Mount
Zion Community
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Dr. Ronald Caldwell: Supervising Physician

Sapphire De'Bellott: Special Projects
for Project NAF

Mr. Henry Glaze, Transportation Coordinator

Kontia Grant: Nurse Family Practitioner

Ms. Rosa B. Hearst,
in appreciation of past services

Board of Directors

Mrs. Linda Glaze: Board Chair

Rev. Scott Rogers: Vice Chair

Mrs. Michelle Harper:
Fundraising Chair & Treasurer

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Mrs. Tracey Rice Johnson:
Fundraising Co-Chair

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Mr. Henry Glaze: Transportation Coordinator

Treva Williams: Member

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Nancy Farmer: Sparc Foundation

Charlene Galloway-Pea:
Mt. Zion Church of Asheville, Inc.

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Madison County Representative

Tabriska Little:
Henderson County Representative

Patricia Simpson:
Children with Different Abilities

Tim Splain: Asheville City Police Department
(Male Advocate)

Vacant: Advent Health

Royanna Williams: Business Owner &
Former NAF Participant

Project Empower

Education Means Power – in collaboration with
community partners to impact the opioid crisis.



MZCD.info
Hope. New Beginnings.
Transformation

OUR PARTNERS

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support of our generous funders.



MZCD's revised website made possible by the CFWNC



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