

NAACP Image Awards Honors the CEO of California Black Women's Health Project, Sonya Young Aadam



Photo courtesy of Sonya Young Aadam, California Black Women's Health Project

March 28, 2023 - During the 54th Annual NAACP Image Awards, Sonya Young Aadam, CEO of California Black Women's Health Project, was honored with this year's "Unsung Heroes" award. The NAACP and Metamucil presented the "Unsung Heroes" honors to individuals who, like Sonya, make exceptional contributions to society and the success of missions or projects, but who do not receive widespread recognition for their efforts. The sunset on 'Women's History Month' and the sunrise on 'National Minority Health Month', presents an opportunity to celebrate Sonya's nearly 9 years of leadership and dedication to Black women's health advocacy, health disparities reduction, and better health and wellness for Black communities.

As the CEO of California Black Women's Health Project (CABWHP), the only statewide non-profit organization solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy, Sonya is committed to supporting and uplifting efforts that promote and improve the mental, physical, and emotional health of Black women and girls in California.

Sonya's deep passion for the wellness of Black women, girls, families and communities is driven by her rearing as a woman of deep faith, commitment to social equity, and the heartfelt sentiment that "...we lift as we climb."

On receiving this honor, Sonya shared "our programmatic evaluations and testimonies from community members tell us California Black Women's Health Project is making a crucial impact in health equity, social justice and public health.

Too often, the work and impact of Black women-led organizations goes overlooked and unacknowledged. I, alongside the CABWHP Board and team, am truly honored that our passionate and committed efforts are receiving this recognition.”

To view Sonya’s “Unsung Heroes” segment visit: www.cabwhp.org/ourstories.

CABWHP fosters the practice of honoring those supporting the health and wellness of Black women, girls, families and communities in various ways, including through their ‘Women Who Dared’ gala events. The "Women Who Dared" celebration honors exceptional Black women who dare to make a difference and uplift wellness in the lives of Black women, girls, families, and communities.

Honorees for the 2023 “Women Who Dared: A Time to Care Affair” include the California Black Women’s Collective and Denise Pines, MBA, with Women in the Room Productions. Other dynamic honorees will be announced soon.

CABWHP invites you to join them in celebrating incredible Black women and supporting California's 1.2 million Black women and girls during the “Women Who Dared: A Time to Care Affair” on Tuesday, May 23rd at The Miracle Theater in Inglewood, CA. To purchase tickets or become a “Women Who Dared” sponsor visit: www.cabwhp.org/attca.

About California Black Women’s Health Project: California Black Women's Health Project is the only statewide, non-profit organization that is solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy.

California Black Women's Health Project

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