

FOR IMMEDIATE RELEASE

## Mom Seeks to Bridge Gap between Holistic Living and Underrepresented Communities

*Holistic lifestyle needs to be a benefit for all not a privilege for the few.*

TULSA, OK June 17, 2008 – When Adonya Wong formed the first Oklahoma chapter for Holistic Moms Network, a national nonprofit that supports parents who are passionate about natural health and green living, she didn't realize just where that road would take her. Wong's short time with HMN has made her increasingly aware and sensitive to the many and varied ways in which holistic alternatives and choices are often financially unattainable for women and their families from traditionally "at-risk" communities in the United States.

M.O.C.H.A. was conceived in the spirit of the renowned Brazilian anthropologist, Paulo Friere, who, in *Pedagogy of the Oppressed*, argued that substantive social change for folk on the margins of society needs to be initiated, directed, and defined by them and for them... from the bottom-up, not from the top down.

Committed to issues of sustainability, environmental justice, and promoting ideals of diversity and inclusiveness as essential to holistic living, Wong launched M.O.C.H.A. - Mothers of Color for Holistic Alternatives ([www.mochacafe.org](http://www.mochacafe.org)), a not-for-profit community-based organization that sees as its mission the promotion of healthy, natural alternatives and life choices for underrepresented minority women and their families.

M.O.C.H.A. is about creating an organization that speaks to the needs and concerns of women of color.

Through quarterly meetings, educational forums and workshops, and community networking initiatives and activities, M.O.C.H.A. seeks to help strengthen the bonds between mothers and their children, bringing families and communities together and into contact with support structures, resources, and opportunities committed to truly advancing and making accessible to everyone eco-friendly, holistic lifestyles.

M.O.C.H.A. has a non-exclusivity policy and does not discriminate on the basis of race, creed, color, religion, disability, gender, or sexual orientation. All who share their vision are welcome.

Please join them for an Open House on June 28<sup>th</sup> from 11 AM – 2:30 PM at Rudisill Library, 1520 N. Hartford, Tulsa.

Contact:

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[www.mochacafe.org](http://www.mochacafe.org)

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