

Beautiful Feet Wellness

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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LONG TERM CARE FOR SURVIVORS OF HUMAN TRAFFICKING & EXPLOITATION

Beautiful Feet Wellness, an anti-trafficking organization, launches How to Fit, a survivor-facing platform that provides wellness and community for survivors of human trafficking and exploitation. Most anti-trafficking organizations provide emergency and short-term services (0-2 years) but are unable to support survivors beyond this point, even though survivors have a long healing journey ahead of them. How to Fit focuses on wellness and community to uplift survivors so they can reach personal and community integration.

How to Fit addresses trauma is stored in the body that causes health, cognitive, and behavioral problems. Further, helping improve the health of survivors lowers their healthcare costs, buffers the negative impact of mental health issues on their lives, and improves their ability to be successful in their workplace, which uplifts the community all around.

“Isolation is slowly killing the fabric of society and individuals, and we know that we must do the hard work of doing the human work – engaging in relationships” said Jenny Footle, founder and CEO.

How to Fit acknowledges that survivors are isolated and struggle to build the social capital that they need to navigate their recovery path. Research tells us that relationships are our number one defense against trauma and the biggest factor in cultivating resilience. This is important because healthy community and relationships lead to economic opportunity, and access to economic opportunity is a big barrier to survivors of human trafficking.

Long term care for survivors is underfunded and yet 43% of survivors make less than \$25,000 in the U.S. even though 82% are working. We need to do more to address the livelihood and quality of life for survivors beyond their initial “escape.” How to Fit fills this gap by providing long term care through wellness and community for survivors of human trafficking and exploitation.

#ENDS

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ABOUT Beautiful Feet Wellness

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For more information and interviews, contact Jenny Footle at jenny.footle@gmail.com or 720-675-8456 M-F 8am-7pm

PHOTOS, BROCHURE, INFOGRAPHICS, LINKS

Photo: Jenny Footle, Founder & CEO of Beautiful Feet Wellness and the How to Fit program
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