



WHAT IS MOCHA?

MOCHA was developed to improve the health and wellness of Men of Color. This collaborative effort enables men of color to engage in an educational and social experience with the support and motivation necessary to make lifestyle changes. The MOCHA program includes a 5 week series focusing on key areas of men's health. A free YMCA adult membership is also included. MOCHA men pledge to live a healthier lifestyle, improving themselves, their families and their community.

Become a MOCHA man today!

MOCHA is funded by the Massachusetts Department of Public Health

YMCA OF GREATER SPRINGFIELD
www.springfieldy.org

Springfield Y Family Center
275 Chestnut Street
Springfield, MA 01104
(413) 739-6951

Scantic Valley Y Family Center
45 Post Office Park
Wilbraham, MA 01095
(413) 596-2749

CONTACT
mocha@springfieldy.org

To empower Men of Color in the Greater Springfield community with the tools to eliminate health disparities.



MOCHA
Men of Color Health Awareness

Good Men. Healthy Choices. Positive Futures.
MOCHASPRINGFIELD.COM



YMCA OF GREATER SPRINGFIELD



YMCA OF GREATER SPRINGFIELD

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOCHA CURRICULUM

The MOCHA introductory program includes a five-week class focusing on key areas of men's health in addition to weekly exercise classes. Each week includes discussion, education and peer support surrounding each topic. The curriculum also includes a free adult membership to the YMCA of Greater Springfield. Each participant participates in pre- and post- wellness assessments. Walking groups, exercise classes, and screenings are also available to MOCHA participants.

MOCHA CLASS SCHEDULE

Class Description	
Week 1	Unpacking the "Man Box"
Week 2	The Fight Within: Emotional & Mental Health
Week 3	Stop the Pain: Breaking the Cycle of Violence
Week 4	Let's Get Physical: Nutrition and Fitness
Week 5	Health Topics for Men of Color

All classes are on Mondays,
6:30 – 8:30 pm
at the YMCA, Room 208

CLASS REQUIREMENTS

- Attend all five sessions in full – Monday evenings
- Complete both pre and post wellness assessments
- Participate in additional health screening as suggested
- Class participation is vital to the success of your program
- Participate in at least two exercise sessions/week
- Sign the MOCHA Pledge

Check mochaspringfield.com for the current schedule of events and classes.



GOALS

- Improve personal and community spirit, mind, and body
- Understand attitudes and behaviors that contribute to personal, family, and community health
- Build health supporting relationships with other men of color
- Become a role model for healthy manhood and an advocate for MOCHA

POST-PROGRAM PARTICIPATION

- A. Follow-up group meetings
- B. Leadership opportunities
- C. MOCHA events
- D. Communications

ADDITIONAL OPPORTUNITIES

YMCA of Greater Springfield Membership
LIVESTRONG Cancer Survivorship Program
Health Education
Health Screenings
Social Events
Wellness Programs
Personal Training
Exercise Instructor Certifications
Leadership Training
Volunteer Opportunities
Mentorship Opportunities
Family Events
MOCHA Kickboxing Class
Hikes, field trips and more

COLLABORATORS AND SUPPORTERS

- Black Leadership Alliance
- Black Men of Greater Springfield
- Caring Health Center
- City of Springfield Department of Health and Human Services*
- Community Health Centers –
- Baystate Medical Center*
- Greater Springfield Pro-Am Basketball League*
- H2O Marketing
- Jewish Family Service
- Mason Square Health Task Force
- Mason Square Vet Outreach Center
- Men's Resources International*
- Partners for a Healthier Community, Inc.
- New North Citizens Council
- North End Campus Coalition
- South End Community Center*
- The Springfield Institute*
- TSM Design
- UMass Donahue Institute*
- Western Massachusetts Center for Healthy Communities
- YMCA of Greater Springfield (*lead agency*)*

**current collaborators*

