



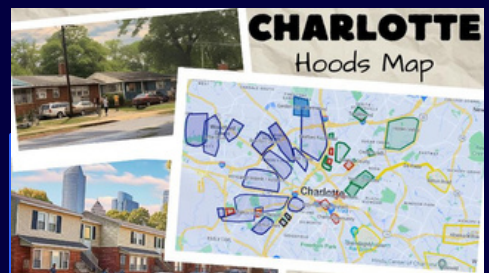
MORE THAN A GYM - A FAMILY

2024 Impact Report: Transforming West Charlotte One Life at a Time

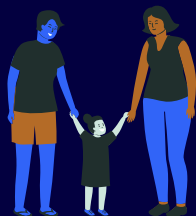
Our Journey

Mission and vision

In the heart of West Charlotte, where healthcare disparities often define destinies, Kika's House stands as a beacon of hope. Born from my own experiences with loss and resilience in these very streets, our mission transcends traditional fitness - we're building a foundation for generational health and healing. In 2024, our vision gained powerful momentum through strategic partnerships and funding that expanded our ability to serve our community.



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2024 Funding Milestones

In 2024, our programs were strengthened by significant community support:

- Mecklenburg County Public Health invested \$17,092 in our community health initiatives (January-June 2024)
- Good Sports Equipment Grant provided \$13,811.22 in essential equipment support

Total 2024 Grant Support: \$30,903.22

SVP Charlotte SEED20 Selection

We are honored to be selected for SVP Charlotte's prestigious SEED20 program, joining an elite group of social entrepreneurs addressing critical community challenges. This recognition connects us with regional leaders and resources to amplify our impact in West Charlotte.

2025 Secured Funding

- Unite Charlotte (United Way of Greater Charlotte) has awarded us a \$25,000 grant to expand our impact
- Participation in SEED20 program opens doors to additional funding and partnership opportunities

These investments have enabled us to enhance our programs and deepen our impact in West Charlotte, proving that our holistic approach to community health resonates with major institutional partners.

Recognition and Future Growth



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STORIES OF TRANSFORMATION



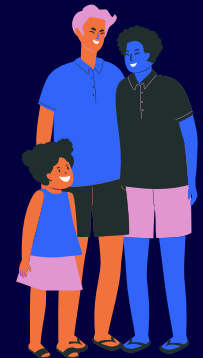
Ms. Lonnie's Journey: A Testament to Perseverance



When Ms. Lonnie first stepped into Kika's House, she was seeking more than weight loss - she was looking for change. Today, over 50 pounds lighter, she's not just transformed her own life; she's inspired an entire generation. Her daughter Aiesha joining our program shows how one person's journey can impact an entire family. Ms. Lonnie now leads by example, showing our community that with support and determination, transformation is possible.

Building Our Family

- 128 boxing classes, each filled with determination and hope
- Over 1,280 moments of community building and strength
- 66 members strong, each with their own story of resilience



Healing Beyond the Physical

Our members don't just find physical strength at Kika's House - they find family. Through our holistic approach:

- Members report finding peace in their mental health journey
- Women support each other through life's challenges
- Children learn discipline and confidence
- Families heal together



OUR COMMUNITY IMPACT



In West Charlotte, where healthcare access often falls short, we've created more than a gym - we've built a sanctuary. Our diverse family includes:

- Young mothers finding strength
- Children discovering discipline through boxing
- Families healing together
- Community members supporting each other's journeys

The Numbers Tell Our Story



- 80% of our members saw improvements in chronic health conditions
- 100% reported better mental health
- Every member increased their nutritional awareness
- Biweekly nutrition classes changing eating habits
- Growing from 31 adult members to a family of 66 including youth



Building Momentum

As we enter 2025 with SEED20 recognition and expanded partnerships Building on our successful partnerships and programs, we're expanding our vision of holistic health through our new "Money Moves" financial literacy program in partnership with Common Wealth Charlotte. This addition completes our comprehensive approach to community wellness, addressing physical, mental, nutritional, and financial health.



Join Our Journey

Every boxing class, every nutritional lesson, every supportive conversation moves us closer to our vision: a healthier, stronger West Charlotte. We're not just changing lives - we're transforming generations.

Contact:

Kieondra Jackson

Founder & Executive Director Kika's House



United Way
OF GREATER CHARLOTTE



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