

Advocacy & Awareness: Project Huancayo, Peru

CUY Project

Overview: As the fifth largest city in Peru, Huancayo is located in a more urban population. Even so, a healthy and balanced diet is difficult to supply, and as such, anemia is largely prevalent. To help women provide proper nutrition for their families, FIMRC developed the CUY Project, where women receive a guinea pig as incentive for participating in health education sessions. Guinea pigs are a source of protein, which help prevent anemia. Additional incentives include seeds for vegetable gardens to boost iron levels in children.



Discussion Questions:

1. How can communities overcome health deficiencies when lacking the necessary resources in their environment?
2. What are some of the consequences of children not receiving proper nutrition?
3. What are some ways you can help advocate for proper nutrition within your community?



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Advocacy & Awareness: Project La Merced, Peru

Women's Prison Yoga

Overview: Located in the Amazon basin about ten hours from Peru's capital, La Merced is a city considered the gateway to various indigenous populations. Its location limits access to healthcare. A women's prison has been a focus group where FIMRC staff provide yoga classes, improving the women's self-esteem and providing moments of tranquility in a difficult time. The women look forward to having the time to reflect and improve their skills, moving through different yoga classes such as the Ashtanga series.



Discussion Questions:

1. What is the importance of including prison communities in programming efforts?
2. Who are community members that might be "forgotten" in your local area?
3. How can you incorporate those who may be forgotten or different from the general public?

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