



November 19, 2025

Dear Friend:

The Gaston and Porter Health Improvement Center, Inc. (GPHIC) is a national non-profit 501(c)(3) organization, created in 2002 with a mission to improve the health outcomes of Black women in midlife. GPHIC's efforts are designed to decrease health disparities and reduce their premature and preventable deaths.

We invite you to partner with us to address the harsh reality that Black women are dying at rates greater than any other group of women and with the most premature deaths.

Our primary strategy to improve health outcomes for Black women is the Prime Time Sister Circles® program (PTSC). PTSC is a 13-week prevention program focused on increasing knowledge and changing attitudes and health related behaviors, with an emphasis on reducing high blood pressure, stress, and symptoms related to depression, improving nutrition, and increasing physical activity.

We have conducted PTSCs in the Metropolitan DC area, Philadelphia, Chicago, Rochester, Nashville, Tampa, and Orlando, reaching over 3,000 Black women. We need your help to serve more Black women across the United States by taking the PTSC to scale!

Please consider an End of Year Gift to support GPHIC and our work to fight for better health outcomes for Black women.

You can donate [online](https://www.gastonandporter.org/endofyeargiving)
(<https://www.gastonandporter.org/endofyeargiving>)

or by mail:

The Gaston and Porter Health Improvement Center, Inc.
5301 North Capitol Street, NE
Washington, DC 20011

Help us get the word out about our work to help Black women!

Please tell your friends! Forward this email! Share on social media!

Sincerely,

Gayle K. Porter, Psy.D.
Co-Founder

Marilyn H. Gaston, MD
Co-Founder

Sharon E. Barrett, DrPH
Board Chair

P.S. Donations are tax-deductible. A gift of any amount will help us to reach our end of year goal of \$25,000, but a gift of \$100 will enable us to make a giant leap forward.