



## OUTCOMES:

The finished Women's Wellness Quilt shows how all women in the community are connected, including staff and community members, and demonstrates your agency's and community's commitment to women's wellness for past, present, and future generations of women.

## KEYS TO SUCCESS:

- Collect personal statements about women's wellness from women in the community to include with the quilt display.
- Have staff members contribute decorated squares to help community members get to know staff.
- A themed quilt can help women come up with ideas for decorating their squares and gives the finished quilt a cohesive appearance.
- Fabric square decorating can be incorporated into women's wellness events.

## WOMEN'S WELLNESS QUILT

A quilt with squares decorated by clients, staff, and other community members is a great way to show your community's dedication to women's wellness. Decoration of quilt squares can be incorporated into women's wellness activities, transportation to and from mammography screenings, Elder programs, health fairs, or other events and programs. Quilt squares can be decorated in a social setting, building connections in the community, or while women wait for exams and screening services to help pass time and ease nervousness and anxiety.

## INGREDIENTS:

- Quilt Pattern
- Fabric squares of the same size in complementary shades of teal and pink
- Corresponding colored fabric for quilt border and back
- Permanent markers, fabric paint, ribbon, sequins, or fabric for appliques (be creative!)
- Sewing machine or needles and thread
- Staff or community members who know how to quilt and are happy to volunteer sewing time

## PREPARATION:

Step 1: Familiarize yourself with quilting methods and choose a quilt pattern. Many websites offer tips and instructions along with free quilting patterns, or you can check your local public library for "how to" books.

Step 2: Decide what size fabric squares you would like and cut equally sized squares from teal and pink fabrics.

Step 3: If you would like a themed quilt, come up with a theme for the decorated squares. For example, women could choose to decorate their squares with "things that inspire you to be healthy".

Step 4: Have women decorate fabric squares with fabric paint, permanent markers, ribbon and sequins, or appliques; encourage everyone to be creative.

Step 5: Stitch the quilt from the decorated squares following the pattern of your choice.

TO THE RIGHT: A QUILT MADE BY AMERICAN INDIAN HEALTH AND FAMILY SERVICES OF SOUTHEASTERN MICHIGAN USING A TURTLE DESIGN BECAUSE THE TURTLE IS AN IMPORTANT FIGURE IN THE SURROUNDING COMMUNITY.



QUILTS MAKE GREAT AGENCY DECORATIONS WHEN HUNG AND DISPLAYED ON A WALL.



Step 6: Use a coordinating pink or teal border to represent breast and cervical health awareness.

### SHARING THE RESULTS:

Take a photo of your quilt, or of staff members holding the quilt, to include with thank you cards to sponsors or others who have donated to your agency's women's wellness events. Get permission from women to include photos of them with their decorated squares with the quilt display to help personalize the importance of women's wellness.

Display the finished quilt in a lobby or waiting room as a visual representation of the community's dedication to women's wellness, or raffle the quilt off during a community event for fundraising. Show off your finished quilt during health fairs or events in your community. You can also allow local sponsors or others who have donated to women's wellness events to display the quilt for a period of time at their agency as a "thank you" for donating.

### OTHER OPTION:

Members of the Montana American Indian Women's Health Coalition (MAIWHC) each designed a square to make a coalition quilt. The finished quilt is shared and displayed at each participating agency to show coalition membership.



MAIWHC's QUILT

SPECIAL THANKS TO MAIWHC AND THE MONTANA CANCER SCREENING PROGRAM FOR SHARING THEIR BEAUTIFUL QUILT!

### TIPS:

- Give women the opportunity to decorate fabric squares while they wait for their annual women's wellness exams.
- Mark a border on the fabric squares so artwork is not lost in seams between squares.
- Smaller fabric squares (and a smaller quilt as a result) can help make a quilt easier to display by hanging, while larger fabric squares offer more room to decorate and help make a larger quilt if few women decorate squares.