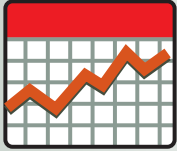


“Prevention is better than cure” and
“Pay back to the community”
through a motto of



Education



Development



Sharing

MAAWS is your source for questions:

▶ **Where to go?**

▶ **How to go?**

▶ **Who to go to?**

সব ধরনের তথ্যের জন্য
নিচের ঠিকানায় যোগাযোগ করুন

Donate using
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Donate using **Zelle:**
Maaws for Global Welfare, Inc.
Tel: 914-805-3161

Print, Fill and **Mail Donation Form** found here
and check payable to:
MAAWS For Global
P.O. Box 2279
Newburgh, NY 12550



Planned Giving

By including MAAWS in your estate planning, you can join in our efforts of providing support to villagers in rural Bangladesh. Your gift will ensure that MAAWS continues its service to the community for years to come.

Foundation and Agency Gifts

By including MAAWS within your foundation and/or agency, you can join in our efforts of providing under-served communities in Bangladesh. Your gift will ensure that MAAWS continues its service to the community for years to come.

Contact us at 845-562-7000 or e-mail us
at golam@maaws.org and we can
discuss your options.

280 Broadway (1st Fl)
Community Resource Ctr.
Newburgh, NY 12550
Tel: 845-562-7000

Email: golam@maaws.org

Tax exempted USIRS 501(C) (3)



আমরা অভিবাসী বাংলাদেশী
কমিউনিটির জন্য সেবা প্রদান করি

MAAWS' mission is to
empower our communities to
maintain healthy lifestyles
through education, training and
action programs



www.maaws.org



MAAWS for Global, Inc. is a social service non-profit organization* created in 2000. MAAWS is named after a merchant farmer, who lived in Bangladesh and devoted his life to helping others through education, social development and sharing of community resources. Likewise, the goal of this organization is to address the health issues of Cancer, Hepatitis B, and Cardiovascular diseases in the community. These issues are ignored due to cultural, socio-economic and religious differences. A new environment presents challenges for the aging population. It is important that these health concerns are addressed as often as possible in ethnic communities.

NYC has an extensive South Asian community that desperately needs the social and educational services provided by MAAWS. We also seek through education and outreach resources to lessen the social stigma and / or emotional trauma generally associated with the testing and treatment of these diseases. Bangladeshis have been the fastest growing South Asian community in New York City.

MAAWS, visualizing the consequences of ignorance in our communities, is reacting in order to prevent an alarming tragedy to occur to our loved ones. Education is the key to preventing this catastrophe.

TO DONATE



SCAN

*Tax Exempted Organization US IRS 501(C)(3) status



Services

- Community Outreach
- Advise about Equipment for People with Health Challenges
- C: Diabetes, Cancer, Heart Disease, Mental Health
- Support for Traumatic Situations and Hospital Visits
- Services for Immigrants: Dealing with School, Health Programs, Housing, in a New Environment
- Youth Development Building of Volunteer Corp.
- Referrals: Education & Health
- Senior Citizens Support Services: Translation, Transportation
- Referrals: Funeral Preparation



www.maaws.org

Education

Why gardening is good for you?

PLENTY OF VITAMIN D
Outdoor gardening gives your body a lot of time in sunlight.

EXERCISE
Three hours of gardening could have a similar effect to a one-hour gym session. Gardening, as a physical activity, is a great way to monitor your blood sugar levels.

STRESS RELIEF
Stress is most often linked to an increase in blood sugar levels. Gardening can be effective at reducing the level of stress hormone cortisol.

GROW YOUR OWN VEGETABLE
Grow your own fruits & veggies like tomatoes, eggplants, spinach, bitter melon, which are a good source of iron and vitamin C. Grow them organically and don't worry about dangerous chemicals and pesticides.

MAAWS for Global Welfare Inc.
A NON-PROFIT ORGANIZATION
280 Broadway, 1st Fl Newburgh NY 12550
Tel: 845-562-7000 | 718-478-1045

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Photograph taken from private backyard garden with permission.

Community Outreach

