



Introducing: Render Free

Presented By:



WHY WE EXIST

Persistent adaptations of systemic racism affect the day-to-day lives of people of color. They are left to endure racial trauma, an additional layer of race-based stress. This can result in what some social scientists call 'weathering', when health deteriorates as a result of cumulative exposure to socioeconomic disadvantage.

"African American women disproportionately experience a number of stressful conditions and events that are linked to the development of mental-health problems.... They also experience greater morbidity from stress-related illness than do white women. Stress and distress impact health via both direct and indirect pathways. Stress is associated with a wide array of negative health outcomes.

(Too Heavy A Yoke (54))

"Black women are dying at alarming rates. Every single day in America 137 Black women die from a preventable heart disease. That's more than cigarette smoking, HIV, and gun violence combined."

(Morgan Dixon, Founder of GirlTreck)

"The Population Reference Bureau of 2002 tells us that Black Americans have the highest death rates of any other racial or ethnic groups. In large part, this can be attributed to inequalities in economic status, education, and occupation – all of which are related to the risk of mortality.

But the racial differences in mortality persist even in studies that compare individuals with similar levels of income and education"

(Racial and Ethnic Differences in U.S. Mortality)

OUR PURPOSE

Render Free is a workspace + wellness club for self-identified Black and Brown women. Together we practice the integration of rest, work, self-care and collective healing.



WORKPLACE + WELLNESS

Our Team



Arielle Grant
Founder + CEO

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Vanessa Brooke Agnes
Director of Community Engagement

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OUR HISTORY

April 2020

Render Free LLC was formed and founded by Arielle Grant.



May 2020

George Floyd lost his life at the hands of law enforcement. The city of Minneapolis was gripped by collective trauma, while grief rippled out across the globe.



October 2020

Render Free opened the doors of its pop-up, four core offerings twice a week, joined by nearly 200 members over the course of two years.



TODAY

Render Free has reopened in a new NE location, expanding all offerings to five days a week for the first time!



RENDER FREE CORE OFFERINGS

01

WORKSPACE



Communal space and meeting rooms exclusive to members for work, rest and connection. A "third place" for Black + Brown women.

02

MEMBER CARE



Designated 1:1 time provided for each member to reflect and fortify the practice of prioritizing rest and healing.

03

WELLNESS PRACTITIONER



Events featuring local practitioners of color who teach our community new strategies of wellness.

04

SOLIDARITY SESSIONS



Facilitated dialogue, providing opportunity for members to connect over shared experience and a sense of communal belonging.

OUR MISSION

Our mission is to disrupt racial trauma by promoting whole-body wellness.

FEATURED ON:



Does Render Free work?

WORKSPACE | WELLNESS | MEMBER CARE | SOLIDARITY



Jaralyn R.
Founding Member

"Sometimes we get stuck in these survival modes where we're just trying to stay afloat, but vision comes alive and purpose comes alive when you can just take a breath. And this is a space where I can actually take that deep breath."



Hannah N.
Founding Member

"I specifically come to Render Free because I know that it's going to demand me just to be in the space. It's going to demand that I take care of myself and take time for myself and grieve and feel every feeling that I need to feel that I can't feel elsewhere."



Ashley O.
Founding Member

"I don't know how to describe how I felt well before finding Render Free, but honestly, being a part of it is something that has changed my life."



Paulita T.
Founding Member

"The difference here at Render Free is that it's created by us, is created for us, and it's created with the intention of every person who walks through those doors to find rest"

Proposed Partnership



Sponsored Community Membership

The Render Free Cohort is a unique opportunity to connect with a select group of women on a deeper level. The cohort experience invites accountability, healing and volunteerism to sustain the culture and longevity of Render Free while receiving 12-month complimentary all-access membership.

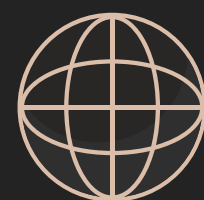
B.Well, Render Free's Sponsored Membership Program, was created to sustain Founding Members through seasons in which financial scarcity threatens their access to resources. It is especially in these times of stress that we hope our members find support in a space to attune, atone, and sustain. This program supports members for up to six months of sponsorship.

Group Membership

- All-access membership including four core offerings
- An employee benefit that will sustaining and attract women of color
- An exemplary way to lead as a champion of diversity and inclusion by recognizing the unique and specific needs of the Black + Brown women in your community



CONTACT US



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T H A N K Y O U

RENDER

free