



# TransformaWell

Improving the Health & Wellness of  
Communities

For Immediate Release

## **Anthropologist Launches Health and Wellness Focused Nonprofit to Combat Rising Chronic Diseases and Disparities**

*Empowering, Educating, Inspiring - A New Hope for Health and Wellness*

[Chicago, IL-January 2024] – Dr. Tramayne Butler DeLong, PhD, a cultural anthropologist, Mayo Clinic Certified Wellness Coach, and entrepreneur, and mom of 4, founded TransformaWell, a 501(c)(3) tax exempt nonprofit organization.

Driven by a passion to educate more people about wellness and address the rising numbers of preventable chronic diseases, she believes in the Hippocratic saying "Let food be thy medicine." Inspired by cultural research in Kenya and travels to various parts of the world, Dr. Butler-DeLong had also previously founded AnthroSpa Logic, LLC an eco-friendly company with a signature, wellness lifestyle brand that offers clean beauty products and a wellness program for weight management. To learn more about this lifestyle brand and their health and wellness products based on cutting edge science, visit <https://www.anthrospa.com/>.

The United States faces a critical health challenge, with many Americans living with chronic conditions such as diabetes, obesity, high blood pressure, or heart disease. Chronic diseases have become the nation's leading cause of death or disability and skyrocketing healthcare costs. Underserved communities, especially among African Americans, bear the brunt of these health disparities. TransformaWell has embarked on a mission to address these challenges, striving to increase health equity and reduce health disparities.

Dedicated to improving the health and wellness of communities by empowering, educating, and inspiring healthy lifestyle changes, TransformaWell is committed to achieving this through initiatives such as wellness events, developing educational resources and programs, community outreach and collaborations with private and public organizations such as universities, churches, schools, and community organizations. TransformaWell has partnered with universities on wellness projects such as educating and training youth as community health workers in Chicago's historic Bronzeville

neighborhood and creating wellness resources for a local highschool. The organization plans to extend its work on these projects in 2024.

Founder Dr. Tramayne Butler-DeLong noted, "TransformaWell is determined to create awareness as well as provide tools for healthier living and chronic disease prevention through initiatives emphasizing nutritious eating, stress reduction, and fitness." To support and extend its programming, the organization is seeking funding to address food insecurity, food deserts and lack of nutritious options through developing an urban agriculture initiative in Bronzeville on the south side of Chicago. The vision of TransformaWell is equitable access to health resources and improved wellness for all. Donations will also fund programs providing health and wellness education through community outreach, workshops, research, and wellness events.

### **About TransformaWell**

TransformaWell is a 501 (c) (3) nonprofit with a mission to improve the health and wellness of communities through education, empowerment and inspiring healthy lifestyle change. Their aim is to help underserved populations to improve their health and well-being by offering programs and educational resources to help them improve their nutrition, stress levels and fitness. TransformaWell's vision is equitable access to health resources and improved wellness for all. To learn more, visit <https://www.transformawell.org/>.

For more information, please contact:

Tramayne Butler-DeLong, PhD  
Executive Director  
TransformaWell  
<https://www.transformawell.org>  
(773) 786-8121  
[tramaynebutler@transformawell.org](mailto:tramaynebutler@transformawell.org)

Michael DeLong  
Founder and Principal  
Fourth Person Media  
[michael.delong@fourthpersonmedia.com](mailto:michael.delong@fourthpersonmedia.com)  
(312) 662-2080