

CITIZEN OF THE YEAR NOMINEE

TEYONNA BOWMAN

NOMINATOR: VANESSA THOMAS



Teyonna Bowman, a two-time cancer survivor and advocate, has significantly benefitted the residents of Dublin through her pioneering efforts in raising awareness and providing support for women undergoing menopause. Recognizing the lack of open dialogue and resources around menopause, Teyonna founded "Pausitive Outlook," a platform designed to share real-time experiences, insights, and supportive resources related to the menopause journey. Through her blog, Teyonna has fostered a supportive community where women can share their stories, tips, and challenges, helping to reduce the isolation often felt during this life transition. Her candid discussions and practical advice have empowered many women in Dublin and beyond to approach menopause with a positive outlook, breaking down stigmas and opening conversations in the community.

In addition to her work with Pausitive Outlook, Teyonna volunteers for the nonprofit Know Your Lemons, whose mission is to improve early detection of breast cancer worldwide through creative and empowering education. As a volunteer educator, Teyonna provides vital information about breast health and early detection, contributing to the foundation's global campaign. Her involvement in Know Your Lemons has further strengthened her commitment to women's health, benefiting many residents of Dublin through increased awareness and education.

Teyonna's multifaceted approach to advocacy, from menopause to breast cancer education, underscores her dedication to improving the well-being of women in her community, making her a truly deserving nominee for recognition.