



MEO'S FOUNDER

Joann "Jo" Ayuso (she/ her) is a community collaborator who practices hands-on healing, poetry, love for food and the outdoors with emphasis on social justice, honoring ancestors and undoing negative perceptions of the outdoors and wellness. She has been working as a self-care educator for 21 years and holds an MS in Exercise Science and Physiology. Working in health care, fitness, education, and within prison systems has shaped her communication as well as her desire to work in community with Black and Brown farmers and youth. Jo spends her days organizing Movement and Education Outdoors, a youth outdoor experience program, supporting community-based organizations in understanding inclusion and equity, and uniting with educators and leaders of color to increase access to health and wellness in the education system for low-income, Black, and brown students in Rhode Island.

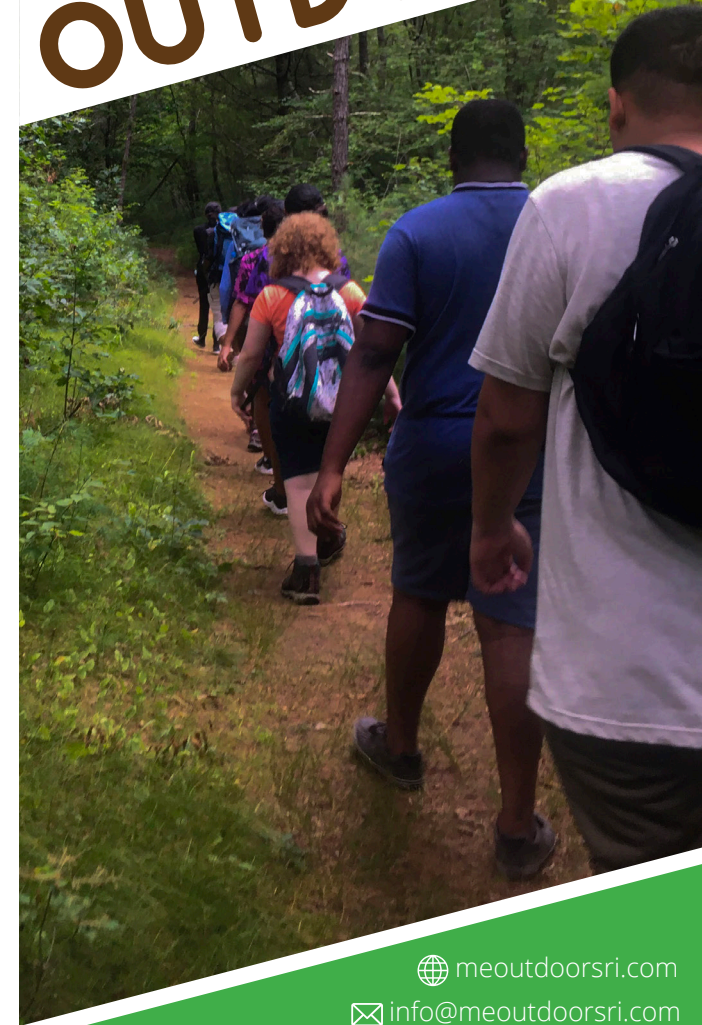


ABOUT US

Movement Education Outdoors, founded in 2018, is a fiscally sponsored not-for-profit organization operating on Narragansett, Pokanoket, and Wampanoag land. We work with youth and community organizations from Providence, Woonsocket, Central Falls, and Pawtucket to offer transformative outdoor experiences that center BIPOC joy, community, and knowledge. With a focus on eliminating barriers to access, MEO provides multiple access points for youth of color and of limited economic resources to experience wellness in an outdoor environment.



MOVEMENT EDUCATION OUTDOORS



meoutdoorsri.com

info@meoutdoorsri.com

[@movementeducationoutdoors](https://www.instagram.com/movementeducationoutdoors)

MISSION

Movement Education Outdoors (MEO) provides safe, accessible, and meaningful outdoor experiences to urban BIPOC and low-income youth and empowers students to build their own relationships to the land they are on and the communities they live in.

VISION

Youth participating in our outdoor experiences will:

- feel at home in outdoor spaces
- practice self-care and healing through movement and mindfulness
- learn the Native nations and tribes whose land we move on
- connect the histories of Black & Indigenous ancestors on this land to contemporary environmental injustices
- find joy in the natural world & its living beings
- become stewards of the land
- build relationships, confidence, and community
- be empowered as agents of change in their communities

I had so much fun with all of the MEO educators...they made such a new and foreign experience comfortable and easier to get through. I learned so much during my time in the MEO kayaking program and I would love to do it again. I would give this program 5 stars!

- 2021 MOBILE participant



I learned that knowledge isn't always in a book or on a paper or from a document from a scientist who won a Nobel Prize. Knowledge is in the history that makes Us and the rustle of leaves and the popping of fish in the river. Knowledge is more than an answered question... it's the void that is being filled as our question is answered.

- 2021 MOBILE participant



I like experiencing nature and the wilderness and breathe the fresh air.

- Providence student

I enjoyed being in nature and learning about the indigenous history of our land. I think it's important because they don't teach this information in schools.

- Woonsocket student

PROGRAMS

MEO offers year-round programming for BIPOC and low-income youth 11-18 years of age, including:



Urban hiking (6 weeks, April & May)

Summer canoeing & hiking (8 weeks, July & August)



Snow tubing, snowshoeing, & winter hiking (February & March)

Fall overnight camping experience



Archery lessons at Camp Canonicus

West End Raices urban gardening internship program (22 weeks)



Agua Day Camp and MEO Paddles at the MEO Lodge

For more information about each program or to inquire about opportunities for partnership & collaboration, please visit our website: meoutdoorsri.com.