



*For immediate release*

## **Inaugural MKUU Inspire Walk Is Saturday, March 26, 2022**

*Participants will walk 5K at Papago Park in honor of a leader that inspires them*

Mesa, AZ, February 23, 2022 – Mesa-based non-profit, [MKUU](#) (pronounced em-kü), which means “chief” in the native language Swahili, will host its inaugural [MKUU Inspire Walk](#) on Saturday, March 26, 2022 at [Papago Park](#) in Phoenix. Encouraging participants of all ages to walk in honor of the leader that inspires them, proceeds will support [MKUU’s vision](#) of “transforming communities by empowering the next generation of female creators, innovators, entrepreneurs, and leaders.”

The walk is a 5K and will start at 7:30am, with walkers being staggered and starting every 30 minutes. Virtual participation is also encouraged for those who cannot attend in-person. Registration for the MKUU Inspire Walk is open to people of all ages. [Registration is online](#) and fees are as follows:

- Ages 16 and older: \$35 per person
- Ages five to 15: \$20 per person
- Under five years of age: Free

[Early bird registration](#) is available through February 28, 2022 and includes a \$10 discount for ages 16 and older and a \$5 discount for ages 5-15.

Sponsorship opportunities are available for as low as \$250. [District Medical Group](#) (DMG) is one of the event sponsors and is also a member of the Papago community, where the walk is being held; in 2021, DMG opened [DMG Papago Family Practice](#), which offers primary and walk-in care to patients of all ages. For more information on sponsoring the MKUU Inspire Walk, visit [mkuuisyou.com](#).

MKUU (formerly Thrive Community Services) was founded in 2017 by [Keisha McKinnor](#) as she noticed a critical gap in the confidence-building life skills taught to young women, especially those in economically challenged neighborhoods. Through MKUU programs, female youth ages nine to 16 connect with leaders with the goal of transforming female youth into capable young women.

“Confident girls grow up to be confident leaders,” said Keisha, CEO of MKUU. “Through the MKUU Inspire Walk, we want participants to share stories of the leader(s) that inspired them and challenge people to pay it forward by being leaders, mentors and supporters of the female youth in our community.”

MKUU supports female youth ages nine to 16 through a variety of [programs and resources](#) which include:

- **MKUU is You:** The organization’s signature 10-week program which equips girls, ages nine to 17 in underserved areas, with the skills necessary to be leaders in their lives and amongst their peers.
- **Mindful MKUU:** A full-day health and wellness program which takes a holistic approach to build confidence and promote mental and physical well-being.
- **MKUU Next Level:** A leadership apprenticeship program.



- **[MKUU is You YouTube](#)**: Developed by MKUU’s [Young Advisory Board](#), all alumna of MKUU is You, this channel is an inspiring space for female youth to inform and celebrate the cultural, social, artistic, athletic (and more) interests of young females.

“I learned that power comes from being a young woman, and how important it is to help other young women realize that power,” said Shonyce Carr, 2017 alumna of the MKUU is You series and member of the Young Advisory Board.

To learn more about MKUU, its programs, and opportunities to support the organization, visit [mkuuisyou.com](http://mkuuisyou.com).

### **About MKUU**

[MKUU](#) (pronounced em-kü) is a 501(c)(3) charitable non-profit organization serving Arizona and dedicated to transforming communities by empowering the next generation of female creators, innovators, entrepreneurs, and leaders. In the native language Swahili, MKUU means chief. It is important for females to know they can be leaders in their lives as well as in the world. Through in-person and online programs, including its signature [MKUU is You](#), the organization serves female youth ages nine to 17, primarily in underserved communities. For more information, visit [mkuuisyou.com](http://mkuuisyou.com).

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