



Association of Adventist Women

Gwendolyn Winston Foster

— Woman of the Year —

Community Life

2001

Gwendolyn W. Foster of Philadelphia, PA, has spent her career helping people improve their health through lifestyle changes. For 22 years, she was Health Director of the Allegheny East Conference, where she initiated a pioneering lifestyle re-education program, Fitness for Life.

In addition to her burgeoning health programs, Foster was simultaneously director of the Pine Forge Academy concert choir. This work brought to three generations of young Black Adventists an appreciation of the finest music in the sacred and classical repertoires.

Her exposure to the community was greatly expanded in 2000 when Mayor John F. Street established the “Fun,

Fit & Free!” health initiative and appointed Foster as Health and Fitness Czar for the City of Philadelphia, America’s fourth largest metropolis. She may be the first person to have the wide-ranging assignment of improving the health of an entire city! Her goal is to change Philadelphia’s image from Fat City to Health City.



Foster has received numerous awards, including the 1985 Champion Educator of the Year from Oakwood College, the 1987 Alumna of the Year for Loma Linda University (LLU) School of Public Health, the 1998 Black Alumna of the Year for LLU, and the 1998 Alumna of the Year for LLU.

Dwain N. Esmond, Associate Editor, *Message Magazine*, said

of Mrs. Foster: “Gwendolyn possesses a singular ability to communicate the gospel of Jesus Christ and His care for us in a way that is unequaled—and she does so through the medium of health, the withered right arm of God’s remnant church.”

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