



Neema Black, M.S., CWP

Wellness Director
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Neema Black is a multipassionate creative and holistic health and wellness advocate currently serving as the director of wellness for the Neighborhood House Association (NHA), one of San Diego's largest nonprofit social services organizations. She is also a founding member of NHA's award-winning Balanced Living Wellness Program. With nearly 20 years of human resources experience, her journey blends a strong foundation in developing corporate health and wellness initiatives, leadership training, and a deep love for holistic and integrative approaches to well-being. Neema holds a master's degree in educational counseling and a bachelor's degree in linguistics. NHA's Balanced Living Wellness Program has been nationally and locally recognized. Awards include Gold Recipient of the Bell Seal for Workplace Mental Health (2024 and 2025), Platinum Recipient of the Bell Seal for Workplace Mental Health for 2026, San Diego's Best and Brightest In Wellness™ (2018-2023), and Nation's Best and Brightest In Wellness™ (2020-2025). Whether designing wellness initiatives for organizations or supporting positive health behavior change at an individual level via her "Vegan-Curious" Cooking Demos and various workshops, Neema prioritizes sustainable, practical, actionable guidance that enhances one's quality of life. Beyond her professional pursuits, she finds inspiration in music of all types; singing; exploring spirituality; traveling; hiking; beaches; and staying grounded through breathwork, yoga, walking, dancing, and spending time with family.