

O V E R V I E W

The Mothers' Hub™

Helping Women Thrive Through Every Season of Womanhood

A prevention-focused women's wellness and maternal wellbeing ecosystem.

Founded by Oge Akinola · Dallas, Texas · themothershub.com

Introduction

The Mothers' Hub™ is a women's wellness and maternal wellbeing ecosystem created to educate, equip, support, and empower women through every season of womanhood.

Founded by Oge Akinola, it was born from a deep belief that women deserve more than survival. They deserve support, knowledge, community, wellness, and practical tools that help them thrive physically, emotionally, mentally, spiritually, and socially.

The Mothers' Hub™ exists to bridge the gap between information and implementation. Many women know they need to care for their health, prepare their bodies, manage stress, build support systems, and make better lifestyle choices. Yet many lack the structure, encouragement, community, and resources to do so consistently.

It is more than a wellness platform. It is a community, an educational space, and a prevention-focused maternal wellness movement. It is a home for women who want to be supported before, during, and beyond motherhood.

Mission

To educate, equip, support, and empower women to thrive physically, emotionally, mentally, spiritually, and socially through every season of womanhood.

The Mothers' Hub™ helps women access practical education, supportive community, wellness resources, faith-informed encouragement, and prevention-focused tools that strengthen their wellbeing and support healthier futures for women, families, and communities.

Vision

To become a trusted women's wellness and maternal wellbeing ecosystem that helps women thrive before pregnancy, through motherhood, and into the later seasons of womanhood.

The long-term vision is a platform supporting women locally, nationally, and globally through education, community programmes, prevention-based wellness tools, research-informed resources, strategic partnerships, and innovation.

The Mothers' Hub™ exists to help create a future where women are not only supported when they are in crisis, but are equipped earlier, strengthened consistently, and surrounded by community throughout their journey.

The Why

Women deserve to be seen before they are struggling.

Too many women are expected to carry life, family, work, faith, health, emotions, responsibilities, and expectations without enough support.

Many move through preconception, pregnancy, postpartum, motherhood, perimenopause, and life transitions feeling overwhelmed, under-informed, isolated, exhausted, or unseen.

The Mothers' Hub™ was created because women need spaces where they can be educated without being overwhelmed, encouraged without being judged, and supported without having to pretend they have everything together.

AT THE HEART OF THE WORK

Women deserve to be cared for before they reach crisis.

Women deserve access to knowledge before they feel lost.

Women deserve community before they feel alone.

Women deserve support before, during, and beyond motherhood.

Founder Story

The Mothers' Hub™ was founded by Oge Akinola, a maternal wellness pioneer, author, speaker, public health advocate, and creator of the PRS Index™.

Her early work in global health and development, including her experience at Save the Children UK, gave her insight into the importance of prevention, health education, and systems that support women and families before crisis moments arise.

Her personal experiences, including witnessing the impact of pregnancy loss within her family, experiencing miscarriage herself, and navigating motherhood as a mother of four, deepened her understanding of how much women carry quietly.

Through her Executive MBA research at Imperial College Business School, Oge explored the impact of miscarriage on women's identity and sense of self. Listening to women's stories confirmed what she already knew deeply: women need whole-person support that goes beyond physical health alone.

The Mothers' Hub™ was created from this intersection of public health, personal experience, research, faith, maternal wellness, and community. It is Oge's response to a gap she could not ignore.

Our Approach

Five core foundations.

1 Prevention

Support should begin earlier. Rather than waiting until women are overwhelmed, exhausted, pregnant, postpartum, or in crisis, The Mothers' Hub™ promotes early education, readiness, and wellness awareness. This is especially central to Oge Akinola's signature philosophy, The Pregnancy Before Pregnancy™, which encourages women to prepare before conception, not only after a positive test.

2 Education

Women cannot act on what they do not know. The Mothers' Hub™ provides practical, accessible, culturally aware, and research-informed education, delivered through workshops, guides, events, digital resources, community programmes, speaking, and future courses.

3 Community

Spaces where women can feel seen, heard, encouraged, and supported. The goal is not simply to provide information, but to create belonging. Women need places where they can ask questions, share honestly, grow together, and receive support without shame or judgement.

4 Whole-Person Wellness

The Mothers' Hub™ does not separate the body from the mind, the emotions from the spirit, or the woman from her life circumstances. The work considers physical health, emotional wellbeing, mental resilience, spiritual grounding, lifestyle, relationships, support systems, and practical realities.

5 Empowerment

The goal is not dependency. It is empowerment. Women should leave The Mothers' Hub™ spaces feeling more informed, more confident, more hopeful, and better able to take the next step.

Our Core Belief

Women's wellness should be whole-person, prevention-focused, community-supported, and rooted in dignity.

Women are not just patients. Not just mothers. Not just caregivers. Women are whole people.

Their bodies matter. Their emotions matter. Their mental wellbeing matters. Their faith matters. Their support systems matter. Their identity matters. Their environment matters. Their future matters.

The Mothers' Hub™ exists to honour the whole woman.

Key Programme Areas

A growing ecosystem of programmes and initiatives.

Preconception Wellness

Through The Pregnancy Before Pregnancy™ philosophy and the PRS Index™, The Mothers' Hub™ supports women in preparing before conception: readiness, body preparation, emotional wellbeing, faith, support systems, lifestyle, and prevention-focused maternal wellness.

The Pregnancy Before Pregnancy™

Oge Akinola's signature prevention-first philosophy, rooted in the belief that many of the factors that shape a woman's wellbeing and pregnancy journey begin long before a positive test. The Mothers' Hub™ brings it to life through education, community, resources, events, and readiness pathways.

The PRS Index™ Connection

The PRS Index™ is a patent-pending preconception readiness assessment created by Oge Akinola. It helps women understand readiness across nine scored pillars:

1. Metabolic Health
2. Nutritional Sufficiency
3. Hormonal Regulation
4. Physical Strength & Body Composition
5. Sleep & Circadian Health
6. Emotional & Stress Resilience
7. Environmental Exposure & Safety
8. Practical Life Readiness & Social Support
9. Spiritual Readiness & Inner Peace

The Mothers' Hub™ provides the community and educational ecosystem that supports women after awareness has been created through the PRS Index™.

Motherhood Support

Motherhood is beautiful, but it can also be demanding, stretching, and identity-shaping. The Mothers' Hub™ supports mothers around identity, emotional wellbeing, stress, faith, fitness, nutrition, self-care, family life, community, purpose, and support systems. The goal is to help mothers feel strengthened, not forgotten.

Women's Whole-Life Wellness

The Mothers' Hub™ supports women beyond pregnancy and motherhood, including those navigating perimenopause, midlife health, lifestyle changes, fatigue, weight changes, hormonal shifts, emotional stress, and personal transformation. Women's wellness is not limited to pregnancy. Women deserve support through every season.

Faith & Wellness

Faith is an important part of The Mothers' Hub™ identity. The platform offers faith-informed encouragement while remaining welcoming and compassionate. Faith is integrated as a source of hope, wisdom, resilience, and inner strength. Women can prepare practically while also being spiritually anchored.

Movement & Fitness

Oge Akinola's background in fitness, pre and postnatal wellness, BodyPraise, and women's health informs the approach to movement. Movement is not presented as punishment or pressure. It is stewardship, strength, energy, and support for the body, in ways that are life-giving, sustainable, and appropriate for a woman's season.

Events & Community Gatherings

Opportunities for women to gather, learn, connect, and be encouraged: women's wellness events, preconception workshops, maternal health education sessions, faith and wellness gatherings, panel discussions, walking challenges, community wellness programmes, motherhood support circles, and future summits and conferences.

Who It Serves

Women across every season of life.

- Women preparing for pregnancy, and women thinking about motherhood in the future
- Women navigating pregnancy after loss
- Mothers in the early years of motherhood
- Mothers raising children while trying to care for themselves
- Women navigating identity shifts through motherhood
- Women experiencing stress, burnout, or emotional overwhelm
- Women entering perimenopause or midlife transitions
- Women seeking faith-informed wellness support
- Women who want community, encouragement, and practical tools
- Women who desire to thrive, not merely survive

The Mothers' Hub™ also works with organisations, healthcare partners, women's groups, faith communities, employers, and community stakeholders committed to improving women's wellbeing and maternal wellness outcomes.

Public Health & Impact

Women's wellness is not only a personal issue. It is a public health issue. When women are better informed, supported, and equipped, families and communities are strengthened.

The platform contributes to broader public health goals by promoting health literacy, prevention, maternal wellness awareness, earlier support, community education, whole-person wellbeing, maternal health equity, and culturally responsive wellness.

The Mothers' Hub™ is especially committed to supporting women who have historically been overlooked, under-supported, or underserved in health and wellness conversations.

Individual	Helping women feel more informed, supported, hopeful, and empowered
Family	Supporting women in ways that strengthen families and improve wellbeing within the home
Community	Creating spaces where women connect, learn, grow, and support one another
Healthcare	Encouraging women to engage earlier and more confidently with health conversations
Systems	Advancing a prevention-focused approach to maternal wellness and women's wellbeing

Positioning & Ecosystem

The community arm of the Oge Akinola™ ecosystem.

The Mothers' Hub™ sits at the intersection of women's wellness, maternal health, preconception readiness, faith-informed support, community, public health, education, fitness and lifestyle, innovation, and whole-person wellbeing.

It is the natural home for women who are reached through The Pregnancy Before Pregnancy™, the PRS Index™, books, speaking, media, and educational resources.

The Pregnancy Before Pregnancy™ is the philosophy. The PRS Index™ is the tool. The Mothers' Hub™ is the community. Before You See Two Lines is the guide.

Oge Akinola™	The voice, founder, speaker, author, and thought leader
The Pregnancy Before Pregnancy™	The signature philosophy encouraging women to prepare before conception
PRS Index™	The patent-pending readiness assessment and scoring tool
Before You See Two Lines	The practical, faith-informed guide for women preparing for motherhood
The Mothers' Hub™	The community, education, and support ecosystem helping women thrive

Long-Term Vision

To become a leading women's wellness and maternal wellbeing ecosystem with local, national, and international reach. Future growth may include:

- Digital membership community, and preconception wellness programmes
- Maternal wellness courses, and The Mothers' Hub™ Academy
- Corporate women's wellness programmes
- Faith and wellness resources
- Healthcare partnerships and research collaborations
- Community chapters
- An annual women's wellness summit
- Training and certification pathways
- PRS Index™ integration, and global women's wellness initiatives

The goal is to build a platform that serves women for decades to come.

For Media

Approved descriptions, ready to use.

Short description

The Mothers' Hub™ is a women's wellness and maternal wellbeing ecosystem founded by Oge Akinola. It supports women through education, community, prevention-focused wellness resources, faith-informed encouragement, and practical tools that help women thrive before pregnancy, through motherhood, and beyond.

Long description

The Mothers' Hub™ is a prevention-focused women's wellness and maternal wellbeing ecosystem founded by Oge Akinola, maternal wellness pioneer, author, speaker, and creator of the PRS Index™.

Created to help women thrive through every season of womanhood, The Mothers' Hub™ provides education, community, wellness resources, events, faith-informed encouragement, and practical support for women navigating preconception, pregnancy preparation, motherhood, emotional wellbeing, perimenopause, and whole-person wellness.

The platform is rooted in the belief that women deserve support before crisis, education before overwhelm, and community before isolation. Through its programmes, resources, and connection to The Pregnancy Before Pregnancy™ philosophy and PRS Index™, The Mothers' Hub™ helps women become more informed, supported, and empowered to take meaningful steps toward healthier futures.

Quote from the founder

“The Mothers' Hub™ was created because I believe women deserve more than survival. They deserve to be educated, supported, strengthened, and surrounded by community through every season of womanhood. Too often, women receive support after they are already overwhelmed. Our work is about changing that by creating spaces where women can prepare, heal, grow, and thrive.”

Oge Akinola, Founder, The Mothers' Hub™

Key facts

Founded	2023
Founder & CEO	Oge Akinola
Headquarters	Dallas, Texas, USA
What it is	A prevention-focused women's wellness and maternal wellbeing ecosystem
Who it serves	Women across every season of womanhood: preconception, pregnancy, postpartum, motherhood, perimenopause, and midlife
Flagship innovation	The PRS Index™, US Provisional Patent pending, nine scored pillars. prsindex.com
Research foundation	Akinola, O. E. (2025). The Silent Crisis in Maternal Health: Why Preconception Care Deserves Greater Attention. European Journal of Health Sciences, 11(1), 24-31.
Organisational status	501(c)(3) application in progress
Website	themothershub.com

In the press

- **First for Women** - “Innovating Motherhood: The Global Mission Behind The Mothers' Hub”
- **Digital Journal** - “Redefining maternal health: the global mission of The Mothers' Hub”

- **Vanguard (Nigeria)** - "How the PRS Index will transform women's health in Nigeria"
- **London Daily News** - "Meet the woman helping women to heal from the inside-out"

A NOTE ON ACCURACY

The PRS Index™ has nine pillars and is patent PENDING, not granted. Please describe it as a preconception readiness assessment, not a diagnostic or clinical tool.

The book title, Before You See Two Lines, carries no ™ symbol. The Pregnancy Before Pregnancy™, PRS Index™, and The Mothers' Hub™ do.

The Mothers' Hub™ does not provide medical care. Its work is education and wellness focused and does not constitute medical advice or replace care from a qualified provider.

ENQUIRIES & PARTNERSHIPS

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