



April 2012 - Dayton Region - Minority Health Month

Calendar of Events

Minority Health Month (MHM) was created in Ohio in April 1989. It was designed to be a 30-day inclusive, high-visibility wellness campaign. In 2000, MHM became a national celebration.

The month has grown to hundreds of events planned and executed by community-based agencies and organizations. The creativity of these initiatives has been extraordinary.

Five goals have been established for Minority Health Month:

- provide crucial information to allow individuals to practice disease prevention
- promote healthy lifestyles
- showcase the resources for and providers of grassroots healthcare and information
- highlight the resolution of disparate health conditions between Ohio's minority and non-minority populations
- gain additional support for on-going, year round efforts to improve minority health.

April 1

"Clear Channel", Radio

- 7:30 am – New Big 1065 – 106.5 FM <http://www.wdsj1065.com/main.html>
 - 8:00 am – MIX 107.7 FM <http://wmmx.com/main.html>
 - 6:30 pm – 99.9 LITE FM <http://wlqt.com/main.html>
- Listen to Public Health's Health Commissioner and Program Coordinator of the Dayton Council on Health Equity as they share information on barriers to good health and Minority Health Month calendar activities. • 225-4403
* Sponsor: Public Health - Dayton & Montgomery County

April 2

Taking Charge of U

6:30 pm – 9:00 pm
4-week program providing group exercise and personal training. Receive a Certificate for completing the training. YMCA of Ross County, 100 Mill St., Chillicothe dtener@horizonview.net • (740) 772-4340
* Sponsor: YMCA of Ross County

April 3

Healthy Me for Teens

6:00 pm – 8:00 pm
4-week program designed for youth ages 12-18 that suffer from any type of ongoing health condition. Group exercise, personal training. Certificate for completing training. YMCA of Ross County, 100 Mill St., Chillicothe Lynn Bunstine • (740) 775-5600
* Sponsor: Southern Ohio Survivors/Chillicothe -Ross Foundation, Inc.

April 4

2012 Dayton/Montgomery County Minority Health Month Kick-off

9:00 am – Noon
Get Up! Montgomery County, featuring the 5-2-1-Almost None health plan for children and families, school administrators, teachers & staff Ray & Joan KROC Corps Community Center, 1000 Keowee St., Dayton • 225-4398
* Sponsor: Public Health - Dayton & Montgomery County

April 5

2012 Ohio Local Offices of Minority Health

Free Conference; 8:00 am – 3:00 pm
Public Health & the People: Goals & Strategies to Address Health Disparities
Akron Urban League
440 Vernon Odom Blvd, Akron, 44307
To register: cscroggins@phdmc.org
(937) 225-4962
*Sponsor: Ohio Local Offices of Minority Health

April 6

Heart and Soul

10:00 am – 2:00 pm
Interactive health screenings and sessions focusing on nutrition, exercise, heart disease, stress and diabetes. Job Center, 1133 Edwin C. Blvd., Dayton dblack@uhs-dayton.org
*Sponsor: Unified Health Solutions

April 6

Healing the Brokenness: Celebrating Families Program – Train the Trainer Workshop Series

6:00 pm – 8:30 pm
Orientation and Getting Started. Trainers will learn how to have participants, learn the centering technique; participate in developing group agreements, and more. Union Baptist Church, 405 W. 7th St., Cincinnati, 45203 aibellwellness@yahoo.com • (513) 381-3858
*Sponsor: Union Baptist Church

April 7

Healing the Brokenness: Celebrating Families Program – Train the Trainer Workshop Series

8:30 am – 5:30 pm
4/6 - Orientation/Getting Started. 4/7 - Learn how to have participants learn the Training on Facilitating Sessions. Healthy Living, Nutrition, and Communication. 2-4 centering technique, participate in developing group agreements, and more. Union Baptist Church, 405 W. 7th St., Cincinnati, 45203 aibellwellness@yahoo.com • (513) 381-3858
*Sponsor: Union Baptist Church

April 7

Community Garden Work Day

Noon – 2:00 pm
How to stay active and learn about healthy eating. Help prepare and plant the Bond Hill Community Garden. Rain Date: April 14. Bond Hill Recreation Center, 1501 Elizabeth Place, Cincinnati Ellen.berninger@cincinnati-oh.gov
*Sponsor: Cincinnati Health Department

April 7

21-Day Wellness Pledge

11:00 am – 2:00 pm
Participants will receive information about nutrition and fitness, tracking exercise, food intake, and a beautiful certificate of completion. Ramada Plaza, Wagner Ford Rd., I75/Exit 57, Dayton CARDIOFEST@live.com • 275-3770
*Sponsor: American Fitness Health and Wellness Institute

April 7

Know Your Hepatitis B Status

1:00 pm – 4:00 pm
Free Hepatitis B Screening ReachOut Montgomery County, 25 E. Foraker Street, Dayton Enalim84@gmail.com
*Sponsor: Dayton Asian American Council

April 7

The ABC's of Physical Fitness

10:00 am – 5:00 pm
Youth ages 8-14 will learn basics of physical fitness, proper nutrition and compete in five field events. Hernstein Athletic Field, 345 Arch St., Chillicothe wmclaughlin@rossccac.com • (740) 702-7222, Ext. 112
*Sponsor: Ross County Community Action Commission, Inc.

April 9

Taking Charge of U

6:30 pm – 9:00 pm
4-week program providing group exercise and personal training. Receive a Certificate for completing the training. YMCA of Ross County, 100 Mill St., Chillicothe dtener@horizonview.net • (740) 772-4340
*Sponsor: YMCA of Ross County

April 10

Spring Into Action Against Diabetes

10:00 am – 2:00 pm
Free screenings for cholesterol, height & weight, blood pressure, and A1c (where appropriate). Learn to prevent and control diabetes. Dr. Charles R. Drew Health Center, 1323 West 3rd St., Dayton • 225-5878
*Sponsor: Public Health - Dayton & Montgomery County

April 10

Keeping Baby Safe

5:00 pm – 7:00 pm
2-hour mini-conference. Speakers: SIDS, breastfeeding, car seat safety and shaken baby syndrome. 360 Wilson Drive, Xenia 45385 Sara Pappa • (937) 374-5662
*Sponsor: Greene County Combined Health District

April 10

Healthy Me for Teens

6:00 pm – 8:00 pm
4-week program designed for youth ages 12-18 that suffer from any type of ongoing health condition. Group exercise, personal training. Certificate for completing training. YMCA of Ross County, Chillicothe Lynn Bunstine • (740) 775-5600
*Sponsor: Southern Ohio Survivors/Chillicothe -Ross Foundation, Inc.

April 11

Multicultural Health Fair

11:00 am – 3:00 pm
Health information and services. Sinclair Community College, 444 W. 3rd St., Ponnie Kendell Center, Basement/Bdg. 8, Dayton karen.williams@sinclair.edu • 512-2934
Sponsor: Sinclair Community College

April 12

I Can Cope Nutrition & Cooking Demonstration

5:00 pm – 8:00 pm
Nutrition and cooking demonstration. Cancer Support Community of Western Ohio, 4801 Hempstead Dr., Kettering Ashley.russell@cancer.org
Sponsor: American Cancer Society

April 12

Raw Info. Conference Series: RED ALERT! Chemicals, Radiation, & Malnutrition: How the Black Community Can Avoid the Death Trap

6:00 pm – 8:00 pm
Black professionals – panel discussion about health issues impacting the Black community from a Holistic perspective, what foods are best, proper way to exercise, vitamins, minerals, and herbs, policies, and health stats. Trinity Presbyterian Church, 3211 Lakeview, Dayton Steven Muhammad, 937-867-5131 or know4life@yahoo.com
Sponsor: Knowledge4Life

April 13

I Refuse To Be a Victim

10:30 am – 1:30 pm
Learn ways to stay safe from becoming victims of violence. Professional counselors will talk about safety tips and provide referrals to participants seeking counseling. Mound Street Academy, 354 Mound Street, Dayton seanw@cap-dayton.org • 226-1256
*Sponsor: Abigail's Journey, Inc.

April 13 - 14

Soccer 4 All

4/13: 6:00 pm – 8:00 pm. • 4/14: 11:00 am – 2:00 pm
Students will learn fundamentals of soccer from a semi-pro soccer team and coach, and healthy foods and portion sizes from a nutritionist. 4/14: 11:00 am – 2:00 pm. A Physical Trainer discusses duties of an athlete to keep a healthy body, followed by a tournament by age groups. Wright State University/3640 Colonel Glenn Hwy, Practice Soccer Field near Lot 20, Dayton klj@daytonumc.com • 278-1167
*Sponsor: Dayton Urban Ministry Center

April 14

Healing the Brokenness: Celebrating Families Program – Train the Trainer Workshop Series

8:30 am – 5:30 pm
Training on Facilitating Sessions 5-8. Feelings and Defenses, Anger Management, Facts about Alcohol, Tobacco, and other Drugs (ATOD), & Chemical Dependency is a Disease Greater New Hope Missionary Baptist Church 3655 Harvey Avenue, Cincinnati 45229 aibellwellness@yahoo.com • (513) 281-3251
*Sponsor: Union Baptist Church

April 14

2012 State Roadway Cleanup

10:00 am – Noon
Must be 12 years of age or older to register at 2550 Sandridge Dr. Moraine. See more about this event at http://www.mcoho.org/services/swd/kmcb/state_roadway_cleanup.html 2550 Sandridge Dr., Moraine tomcisinj@mcoho.org • 225-4999
Sponsor: Montgomery County Recycling

April 14

Teen Dating Violence Prevention

10:00 am – 1:00 pm
Educational and interactive sessions for young people and their parents or guardians. Learn warning signs of abuse, effects of dating violence, and where to go for help. Dakota Center, 33 Barnett Street, Dayton bdziak@cap-dayton.org • (937) 341-5000 ext. 153
*Sponsor: Community Action Partnership



April 14

Under Raps Community Showcase

5:00 pm – 8:00 pm

Concert and awareness event to support abstinence, HIV testing and prevention, and pregnancy prevention. Sinclair Community College, Building 8, Lower Level, Dayton Angela.byrdsong@wesleycenterdayton.org • 263-3556
**Sponsor: Wesley Community Center*

April 14

Learn to Cook the Healthy Way

11:00 am – 2:00 pm

Cooking class with a registered dietician. Test your knowledge. Recipes, Cookbook, Gift cards. Sample foods. Gaines United Methodist Church, 5707 Madison Road, Cincinnati Gail Billings • (513) 381-8390
**Sponsor: Gaines United Methodist Church*

April 14

The ABC's of Physical Fitness

10:00 am – 5:00 pm

Youth ages 8-14 learn basics of physical fitness, proper nutrition and compete in 5 field events. Hernstein Athletic Field, 345 Arch St., Chillicothe wmclaughlin@rossccac.com • (740) 702-7222, Ext. 112
**Sponsor: Ross County Community Action Commission, Inc.*

April 14

Healthy Families ... Healthy Communities, Under Raps Community Showcase

5:00 pm – 8:00 pm

Concert and awareness event to support abstinence, HIV testing and prevention, and pregnancy prevention. Sinclair Community College, Bldg 8/ lower level, Dayton Angela.byrdsong@wesleycenterdayton.org • 263-3556
**Sponsor: Wesley Community Center*

April 14

Carver Kids Get Fit Celebration

10:30 am – 4:00 pm

Workshops on diabetes, bullying and violence prevention. Interactive cooking, hand washing, & tooth brushing exhibits. DJ, bounce house, popcorn. Win a gift card. Carver Community Center, 165 West 4th St, Chillicothe Jeannie • (740) 773-4242
**Sponsor: Carver Community Center*

April 15

2012 Bienestar Hispanic/Latino Health Fair

Noon – 3:00 pm

Workshops on diabetes, bullying and violence prevention. Educational material in English and Spanish. Price Hill Community Center, 959 Hawthorne Avenue, Cincinnati Becky.montenegro@santamaria-cincy.org • 513-557-2700
**Sponsor: Santa Maria Community Services*

April 16

SPRING INTO HEALTH – Health Fair

Featuring screenings, education, diabetic education and diabetic cooking

5:00 pm – 8:00 pm

Free blood pressure, blood sugar, and HIV screenings. Health information and resources Ponitz Career Center, 741 Washington St., Dayton mdulanmd@go-concepts.com
Sponsor: Omega Psi Phi Fraternity

April 16

Taking Charge of U

6:30 pm – 9:00 pm

Four-week highly interactive, educational and participant focused program to provide knowledge, skills, and confidence to effectively manage lifelong conditions and gain control of life. Receive a certificate for completing the training. YMCA of Ross County, 100 Mill St, Chillicothe dtener@horizonview.net • (740) 772-4340
**Sponsor: YMCA of Ross County*

April 17

Healthy Me for Teens

6:00 pm – 8:00 pm

Self-management program for youth ages 12-18 that suffer from any type of ongoing health conditions or wish to learn how to prevent chronic condition or illness. YMCA of Ross County, 100 Mill St., Chillicothe Lynn Bunstine • (740) 775-5600
**Sponsor: Southern Ohio Survivors/Chillicothe-Ross Foundation, Inc.*

April 20

Heart and Soul

10:00 am – 2:00 pm

Interactive health screenings and sessions focusing on nutrition, exercise, heart disease, stress and diabetes. Job Center Mall, 1133 Edwin C. Moses Blvd., Dayton dblack@uhs-dayton.org
**Sponsor: Unified Health Solutions*

April 20

Teen Dating Violence Prevention

8:00 am – 12:30 pm

Training for youth serving professionals and other adults; designed to increase knowledge and understanding of the problem and learn effective interventions and community resources. Dayton RTA and Cultural Center, 40 S. Edwin C. Moses Bld., Dayton bdzia@cap-dayton.org • (937) 341-5000 ext. 153
**Sponsor: Community Action Partnership*

April 20

Healthy Families ... Healthy Communities, Under Raps Community Showcase

10:00 am – 5:00 pm

Healthy meal demonstrations, diabetes and HIV testing, senior citizen fitness session, healthy living seminars. Wesley Community Center, 3730 Delphos Ave, Dayton Angela.byrdsong@wesleycenterdayton.org • 263-3556
**Sponsor: Wesley Community Center*

April 20 - 21

Understanding the Impact of Trauma

5:30 pm – 8:00 pm

Approaches to Prevent Post-Traumatic Stress Disorder Carl Lindner YMCA, 1425 Linn Street, Cincinnati, 45214 J. Bohannon • (513) 352-3237; jhowardbohannon@yahoo.com
**Sponsor: Cincinnati Human Relations Commission*

April 21

Healing the Brokenness: Celebrating Families Program – Train the Trainer Workshop Series

8:30 am – 5:30 pm

Training on Facilitating Sessions 9-12. Chemical Dependency Affects the Whole Family, Goal Setting, Making Healthy Choices, & Healthy Boundaries New Missionary Baptist Church, 4809 Ravenna St., Cincinnati 45227 aibellwellness@yahoo.com • (513) 271-8377
**Sponsor: Union Baptist Church*

April 21

CARDIOFEST 2012

7:30 am – 2:30 pm

Free, non-stop festive fun to raise awareness of heart disease. Exhibit booth, door prizes, speakers, energy breaks, and more. Ramada Plaza, Wagner Ford Rd, I75/Exit 57 CARDIOFEST@live.com • 275-3770
**Sponsor: American Fitness Health and Wellness Institute*

April 21

Keeping Baby Safe

10:00 am – Noon

Speakers on SIDS, breastfeeding, car seat safety and shaken baby syndrome. 360 Wilson Drive, Xenia 45385 Sara Pappa • (937) 374-5600
**Sponsor: Greene County Combined Health District*

April 21

The ABC's of Physical Fitness

10:00 am – 5:00 pm

Youth Ages 8-14 learn basics of physical fitness, proper nutrition and compete in 5 field events. Hernstein Athletic Field, 345 Arch St., Chillicothe wmclaughlin@rossccac.com • (740) 702-7222, Ext. 112
**Sponsor: Ross County Community Action Commission, Inc.*

April 21

Carver Kids Get Fit Celebration

Noon – 2:00 pm

Fitness Challenge: Come see how many sit-ups, pushups and shuttle runs you can do. Enter to win a Wii Fit Bundle. Carver Community Center, 165 W. 4th Street, Chillicothe Jeannie • (740) 773-4242
**Sponsor: Carver Community Center*

April 21

Community Garden Work Day

10:00 am – Noon

How to stay active and learn about healthy eating. Help prepare and plant the Bond Hill Community Garden. Winton Hills Recreation Center, 5170 Winneste Avenue, Cincinnati Ellen.berninger@cincinnati-oh.gov
**Sponsor: Cincinnati Health Department*

April 21

Trotwood Community Health Fair

10:00 am – 1:00 pm

Community and health services, children's activities Trotwood Fitness & Preparatory Academy, 3100 Shiloh Springs Road, Trotwood Christine Hawkins • 854-4100
Sponsor: Trotwood Fitness & Preparatory Academy

April 20-21

Understanding the Impact of Trauma

4/20 - 5:30 pm – 8:00 pm • 4/21 - 10:00 am – 3:00 pm

Approaches to Prevent Post-Traumatic Stress Disorder Carl Lindner YMCA, 1425 Linn Street, Cincinnati, 45214 J. Bohannon • (513) 352-3237; jhowardbohannon@yahoo.com
**Sponsor: Cincinnati Human Relations Commission*

April 22

Watch "WHIO Reports", television show with Jim Otte (Channel 7 TV)

11:00 am

Informative discussion by show host, Jim Otte with Public Health's Health Commissioner, Program Coordinator of the Dayton Council on Health Equity, about barriers to good health and actions that can be taken by the community to improve public health. bwharton@phdmc.org
**Sponsor: Public Health - Dayton & Montgomery County*

April 23

Taking Charge of U

6:30 pm – 9:00 pm

4-week program providing group exercise and personal training. Receive a Certificate for completing the training. YMCA of Ross County, 100 Mill St, Chillicothe dtener@horizonview.net • (740) 772-4340
**Sponsor: YMCA of Ross County*

April 24

Healthy Me for Teens

6:00 pm – 8:00 pm

Self-management program for youth ages 12-18 that suffer from any type of ongoing health conditions or wish to learn to prevent chronic conditions or illness. Receive a Certificate for completing training. YMCA of Ross County, 100 Mill St, Chillicothe Lynn Bunstine • (740) 775-5600
**Sponsor: Southern Ohio Survivors/Chillicothe-Ross Foundation, Inc.*

April 26

Raw Info. Conference Series: RED ALERT! Chemicals, Radiation, & Malnutrition: How the Black Community can Avoid the Death Trap

6:00 pm – 8:00 pm

Black professionals – panel discussion about health issues impacting the Black community from a Holistic perspective, what foods are best, proper way to exercise, vitamins, minerals, and herbs, policies, and health stats. Wright State University – Bolinga Center at Millett Hall Steven Muhammad, know4life@yahoo.com • 937-867-5131
Sponsor: Knowledge4Life

April 27

I Refuse To Be a Victim

10:30 am – 1:30 pm

Learn ways to stay safe from becoming victims of violence. Professional counselors will talk about safety tips and provide referrals to participants seeking counseling. Mound Street Academy, 354 Mound St., Dayton • 226-1256
**Sponsor: Abigail's Journey, Inc.*

April 27

UpDayton Summit 2012

2:00 pm -6:00 pm

Spurring economic growth in Dayton. Dayton Art Institute, 456 Belmonte Park, Dayton www.UpDayton.com
Sponsor: UpDayton

April 27

2012 Children's Health Awareness Day

9:30 am – 12:30 pm

Educational activities on health and wellness, and disease prevention. Interactive activities for children: fitness, hand washing and oral care. Academy of Multicultural Immersion Studies, 7001 Reading Road, Cincinnati, Becky.montenegro@santamaria-cincy.org • 513-557-2700
**Sponsor: Santa Maria Community Services*

April 27

The Power of Women's Health Conference

6:00 pm – 9:00 pm

Cancer in the African American Community – a battle you can win! This conference will address all aspects of cancer, from prevention & early detection to treatment and survivorship. Cincinnati-Hamilton County Community Action Agency, 1740 Langdon Farm Rd., Cincinnati Ellen.berninger@cincinnati.oh.gov • (513) 357-7428
**Sponsors: Cincinnati Health Department, Leukemia and Lymphoma Society, American Cancer Society, TriHealth Women's Health*

April 28

Raw Info. Conference Series: RED ALERT! Chemicals, Radiation, & Malnutrition: How the Black Community can Avoid the Death Trap

6:00 pm – 8:00 pm

Black professionals – panel discussion about health issues impacting the Black community from a Holistic perspective, what foods are best, proper way to exercise, vitamins, minerals, and herbs, policies, and health stats. Dakota Center, 33 Barnett Street Dayton Steven Muhammad, know4life@yahoo.com • 937-867-5131
Sponsor: Knowledge4Life

April 28

Healing the Brokenness: Celebrating Families Program Train the Trainer Workshop Series

8:30 am – 5:30 pm

Training on Facilitating Sessions 13-16. Healthy Friendships and Relationships, How We Learn, Our Uniqueness, Celebration. Memorial Baptist Church, 527 Clark St., Cincinnati, 45203 aibellwellness@yahoo.com • (513) 381-1389
**Sponsor: Union Baptist Church*

April 28

5K Walk/Run for Autism Awareness

Register at: <http://www.run4autism.org>

Run/walk starts at 9:00 am

Payne Recreation Ctr., 3800 Main Street, Moraine asadayton@gmail.com • (206) 984-5760
Sponsor: Autism Society-Dayton

April 28

Understanding Needs and Services of Hospice of Dayton

1:00 pm – 3:30 pm

Hospice of Dayton, 324 Wilmington Avenue, Dayton Enalim84@gmail.com
**Sponsor: Dayton Asian American Council*

* Events funded by the Ohio Commission on Minority Health

Note: The times, dates and locations of Minority Health Month events are subject to change after the printing deadline. We suggest you contact the telephone number listed for verification of events.



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

