

Minority Health Month (MHM) was created in April 1989. It was designed to be a 30-day inclusive, high-visibility wellness campaign. Everyone in the community is welcome to participate in the MHM events, which are free and open to the public. In 2000, MHM became a national celebration.

Five goals that have been established for Minority Health Month:

- Provide crucial information to allow individuals to practice disease prevention.
- Promote healthy lifestyles.
- Showcase resources for and providers of grassroots healthcare and information.
- Highlight the resolution of disparate conditions between Ohio's minority and non-minority populations.
- Gain additional support for ongoing, year-round efforts to improve minority health.

March 29
2014 Minority Health Month Kickoff Celebration & Health Fair

10:00 am – 2:00 pm

Free health screenings for blood pressure, blood sugar, cholesterol, and confidential HIV. Health presentations, men's health forum, and displays about health services and community resources. Food, fun, and prizes. Free and open to the public.

Dr. Charles R. Drew Health Center, 1323 W. Third St. – DAYTON

*Sponsor: Public Health – Dayton & Montgomery County
(937) 225-4952

April 1
Take a Stress Break

12:00 pm

Intro to Yoga with Jennifer Turpin
Millett Hall/Atrium

3740 Colonel Glenn Highway – FAIRBORN

Sponsor: Wright State University
(937) 775-5648 or edward.depp@wright.edu

April 2
WDAO Radio Talk Show: A New & Healthier You

10:00 am – 11:00 am

Host: Frankye Herald of Mahogany's Child/Premier Health/MVH. African American Health & Wellness with special guest, Cheryl Scroggins, Coordinator, Public Health / Dayton Council on Health Equity.

WDAO – Radio Station 1210AM – DAYTON

Sponsor: Mahogany's Child / Premier Health / MVH
(937) 208-3863 or frankyeherald@yahoo.com

April 2, 7, 9, 14, 16, 21, 23, 28, and 30
Moving for Mobility

5:30 pm – 6:30 pm

This free community-based fitness program is for individuals to improve flexibility and endurance levels, and lower BMI, blood pressure, glucose and cholesterol levels.

3701 Bethesda Temple Church – DAYTON

Sponsor: Mahogany's Child / Premier Health / MVH, Frankye Herald
(937) 208-3863 or frankyeherald@yahoo.com

April 2
Walking for Your Health

12:30 pm

Join students, faculty and staff for this annual walk to step into spring in good health!

Wright State University on the Quad (in front of Millett Hall)

3740 Colonel Glenn Highway – FAIRBORN

Sponsor: Wright State University
(937) 775-5648 or edward.depp@wright.edu

April 3
How to Avoid Diabetes and Other Chronic Weight-Related Diseases

6:00 pm

This event will include a lecture by a physician on how to avoid diabetes, and a cooking demonstration by a licensed dietician on the types and quantities of food that should be consumed by individuals who are at high-risk of contracting these diseases.

B.I.C. Building, 261 Mechanic St. – CHILLICOTHE

Sponsor: Ross County Community Action Commission, Inc.
(740) 702-7222

April 3
W.O.W. Series for Minority Health Month

6:00 pm – 7:00 pm

Working on Weight Loss (W.O.W.) is a 30-day program starting on Thursday, April 3, from 6 – 7 pm, devoted to measuring your weight loss goals and progress, with the expectation of 10 lbs weight loss. W.O.W. participants would also participate in the 21-Day Wellness Pledge.

American Fitness Health & Wellness Institute, 1739 Burroughs Dr. – DAYTON

Sponsor: American Fitness Health & Wellness Institute
(937) 275-3770

April 5
“Healthier Lives for Everyone” Community Health Fair (Feria Latino de Salud Comunitaria)

10:00 am – 2:00 pm

Free health screenings for blood pressure, blood sugar, cholesterol, and confidential HIV. Health presentations, information on health services, community resources, food and fun. Free and open to the community. Spanish interpreters will be available.

East Branch Dayton Metro Library, 2008 Wyoming Street – DAYTON

*Sponsor: Public Health – Dayton & Montgomery County
(937) 225-4962

April 5
Health Forum on Healthy Living

11:00 am – 2:00 pm

A panel of doctors will discuss the four diseases most prominently affecting the minority community: cancer, hypertension, substance abuse and diabetes. A consultant on stress management will discuss how stress contributes to these diseases.

Gaines United Methodist Church, 5707 Madison Rd. – CINCINNATI

Sponsor: Gaines United Methodist Church
(513) 271-9096

April 5
21-Day Wellness Pledge for Minority Health Month

11:00 am – 1:00 pm

Commit to health for at least 21 days in April. Participants will commit to eating 5-9 servings of fruits and vegetables, and exercising a minimum of five times per week. Participants will get a certificate of completion at the end of the 21-day pledge.

Inspiration Church, 2900 Philadelphia Dr. – DAYTON

Sponsor: American Fitness Health & Wellness Institute
(937) 275-3770

April 5
Prevention, Control and Management of Diabetes

1:00 pm – 3:30 pm

Participants will learn about prevention, control and management of diabetes. In addition, they will learn about diabetes meal planning and healthy eating.

Dayton Korean Grace Church, 2661 Harshman Rd. – DAYTON

Sponsor: Dayton Area Korean Association
(937) 667-0230

April 5
M.O.V.E. (Making Opportunities for Vigorous Exercise)

1:00 pm – 4:00 pm

Interactive exhibitions of activities (e.g. drill teams, martial arts, and line dancing) sampling of healthy snacks/meals and enrollment in community sponsored activities that will increase physical activity.

Dakota Center, 33 Barnett St. – DAYTON

Sponsor: Community Action Partnership of the Greater Dayton Area
(937) 228-8961

April 8
“Exercise, Stress Management and the Health Effects of Drugs/Alcohol”

6:30 pm – 8:30 pm

The event will include a Zumba exercise demonstration; a lecture by a Licensed Independent Chemical Dependency Counselor on the effects of drug, tobacco and excessive alcohol use; and a medication and stress management session conducted by a professional clinical counselor.

Chillicothe/Ross County Public Library Annex, 140 S. Paint St. – CHILLICOTHE

Sponsor: Ross County Community Action Commission, Inc.
(740) 702-7222

April 8
Sisters Supporting Sisters - African American Breast Cancer Support Group

6:00 pm – 7:30 pm

A monthly support group meeting to address the emotional, educational, and breast health needs of cancer survivors, families and those in breast cancer treatment.

Mt. Enon Missionary Baptist Church, 1501 West Third St. – DAYTON

Sponsor: Mahogany's Child / Premier Health / MVH
(937) 208-3863 or frankyeherald@yahoo.com

April 9
Obtaining and Maintaining Good Health

4:00 pm – 6:30 pm

This event will be a forum discussion relating to family and women's health issues with recommended options on how to remain in a state of good health.

Zion Baptist Church, 630 Glenwood St. – CINCINNATI

Sponsor: Zion Baptist Church
(513) 751-8608

April 9
Healthy Eating with the People's Chef

12:00 pm – Student Union, 6:00 pm – Resident Community Center

Learn about healthy eating tips, ideas for preparing healthy food, and ways to eat healthy while away from home.

Wright State University, 163 Student Union

3740 Colonel Glenn Highway – FAIRBORN

Sponsor: Wright State University
(937) 775-5648 or edward.depp@wright.edu

April 10
WSU Lifeline Health Fair

12:00 pm – 4:00 pm

Free health screenings for blood pressure, blood sugar, cholesterol, and confidential HIV. Health displays on health services and community resources. Free and open to the community.

Wright State University, Millett Hall Atrium

3740 Colonel Glenn Highway – FAIRBORN

Sponsor: Wright State University
(937) 775-5648 or edward.depp@wright.edu

April 11
Community Health Forum on Population Health

Registration: 8:00 – 8:30 am, Event: 8:00 am – 11:00 am

A community forum to share local health data, including data for African Americans, Asians, Latinos, and Native Americans, and health improvement plans.

Public Health - Dayton & Montgomery County, Multi-purpose Conference Room, 2nd Floor, 117 Main Street – DAYTON

*Sponsor: Public Health – Dayton & Montgomery County
(937) 225-4962

April 11
How Our Eating Habits Affect Our Health

5:30 pm – 8:30 pm

This event will focus on healthy eating habits, food preparation, and nutrition. This activity will be led by a registered dietician. A guest speaker will speak about his personal 100-pound weight loss and maintenance.

Christ Temple - The Villa, 3060 Durrell Ave. – CINCINNATI

Sponsor: Cincinnati Human Relations Commission
(513) 352-2498

April 11
Mt. Enon Health and Wellness Fair

5:30 pm – 8:00 pm

Get Moving! A fun, family activity with instructor-led aerobics, line dancing, and more. Food, games, vendors, and health education breakout sessions.

Family Life Center, 1501 W. Third Street – DAYTON

Sponsor: Mt. Enon Missionary Baptist Church Wellness Ministry, Leona Gray or Karen Mathews
(937) 341-5000, Ext. 123

April 11 & 12

Black Man's Think Tank Conference

Day 1 – April 11: 8:30 am – 2:00 pm

Welcome public schools, counselors, and parents. Free and open to the public. Lunch provided.

Sinclair Community College, Building 12

Day 2 – April 12: 9:00 am – 4:00 pm

Adult males and the general public. All are welcome. Lunch provided.

Sinclair Community College, Building 8 (Lower Level)

444 W. Third Street – DAYTON

Sponsor: Sinclair's Cultural Diversity Grant, Dr. Bobby J. Beavers

(937) 512-2749

April 12

"Healthier Lives for Everyone" Community Health Fair (Feria Latino de Salud Comunitaria)

10:00 am – 2:00 pm

Free health screenings for blood pressure, blood sugar, cholesterol, and confidential HIV. Health presentations, information on health services, community resources, food and fun. Free and open to the community. Spanish interpreters will be available.

St. Paul United Methodist Church, 101 Huffman – DAYTON

*Sponsor: Public Health – Dayton & Montgomery County

(937) 225-4962

April 12

Prevention, Control, and Management of Hypertension

1:00 pm – 4:45 pm

Participants will learn about prevention, control, and management of hypertension. Participants will learn the importance of physical activities in managing and controlling hypertension.

Dayton Korean Grace Church, 2661 Harshman Rd. – DAYTON

Sponsor: Dayton Area Korean Association

(937) 667-0230

April 12

Exercise Your Way to Health

11:00 am Registration • Event: 12:00 pm – 3:30 pm

Participants will walk with a doctor to exercise their way to health. Free pedometers to the first 50 participants. A new session will begin every 30 minutes.

Dayton Mall • 2700 Miamisburg Centerville Rd. – DAYTON

Sponsor: Reach Out of Montgomery County

(937) 258-2000

April 12

CARDIOFEST 2014

Registration: 7:30 am • Event: 8:00 am – 2:30 pm

Cardiofest 2014 includes a variety of festive cardiovascular activities, over 20 informational booths and screenings. Health speakers will discuss a variety of wellness issues.

Kroc Center, 1000 N. Keowee Ave. – DAYTON

Sponsor: American Fitness Health & Wellness Institute

(937) 275-3770

April 12

You Are Invited to Get Healthy

11:00 am – 3:00 pm

This health fair will feature a seminar on women's health and a seminar on men's health. Health screenings for blood pressure, weight, BMI, and glucose will be provided by UC Health. A two-mile walk to get you motivated and moving.

Gaines United Methodist Church, 5707 Madison Rd. – CINCINNATI

Sponsor: Gaines United Methodist Church

(513) 271-9096

April 12

How Our Eating Habits Affect Our Health

10:00 am – 1:00 pm

This activity will be led by a professional fitness trainer who will teach the group high and low impact exercises to maintain a healthy weight.

Christ Temple – The Villa, 3060 Durrell Ave. – CINCINNATI

April 13

2014 Spring Health Fair

12:30 pm – 3:30 pm

The health fair will include free screenings, including glucose, cholesterol, blood pressure, pap smear, mammogram, prostate, hearing, vision, and dental. Educational materials will be available in English and Spanish on various health topics and substance abuse programs.

Roberts Academy, 1702 Grand Ave. – CINCINNATI

Sponsor: Santa Maria Community Services

(513) 557-2700 ext. 207

April 16

Health Screenings: Know Your Numbers

9:00 am – 2:00 pm

This event will feature health screenings for blood pressure, cholesterol, and blood sugar. General health and community resource information will be available to participants.

Community Action Partnership, 719 S. Main St. – DAYTON

Sponsor: Community Action Partnership of the Greater Dayton Area

(937) 341-5000

April 17

2014 Children's Health Awareness Day

9:30 am – 12:30 pm

The event will include educational activities focused on health and wellness and disease prevention. Interactive activities will be in place for children to learn about hand washing, oral care, and more.

Academy of Multicultural Immersion Studies, 1908 Seymour Ave. – CINCINNATI

Sponsor: Santa Maria Community Services

(513) 557-2700 ext. 207

April 17

Latino Connection Coalition Meeting

10:00 am – 12:00 pm

The Latino Connection Coalition presents a presentation by Mayor Whaley speaking about Dayton, Welcome Dayton, and the needs of the Latino Community.

East End Community Services, 624 Xenia Ave. – DAYTON

Sponsor: Latino Connection

(937) 225-4962

April 18

Exercise Your Way to Health

3:00 pm Registration

Participants will walk with a doctor to exercise their way to health.

Location: Reach Out, 25 E. Foraker – DAYTON

Sponsor: Reach Out of Montgomery County

(937) 258-2000

April 19

African American Wellness Walk Team Leader Training

9:30 am – 11:30 am

We seek men and women from across the community to serve as team leaders for the 2014 African American Wellness Walk dedicated to family health. Volunteers are also invited. Join us as we educate our community on how to create healthier lifestyles.

Good Samaritan Hospital, 9 Medical A&B/C&D Room

2222 Philadelphia Dr. – DAYTON

Sponsor: African American Wellness Walk Team,

Frankye Herald / Mahogany's Child / Premier Health / MVH

(937) 208-3863

africanamericanwellnesswalk@yahoo.com, or aawwdayton.org

April 19

Making Healthy Choices

9:00 am – 2:00 pm

This event features a health fair offering screenings for diabetes, blood pressure, weight, and vision; women's health and men's health discussions including obesity; HIV/AIDS counseling; activities for children, and nutritional and cooking demonstrations.

Zion Baptist Church, 630 Glenwood St. – CINCINNATI

Sponsor: Zion Baptist Church

(513) 751-8608

April 19

Learning to Play the Old Fashion Way

11:00 am

This outdoor event will involve children up to age 18 in a variety of games that require physical activity. Games that involve running, jumping and throwing, including basketball, soccer, volleyball, and golf instruction by highly-skilled players.

Zion Baptist Church, 84 S. Clinton Rd. – CHILLICOTHE

Sponsor: Ross County Community Action Commission, Inc.

(740) 665-0343

April 21

Miami Valley Black Health Coalition Meeting

2:00 pm – 4:00 pm

The Miami Valley Black Health Coalition meets to share information about the state of health in the black community, and develop and implement strategies to address health and wellness.

The Opportunity Center, 907 West Fifth Street – DAYTON

Sponsor: Miami Valley Black Health Coalition, Cheryl Scroggins

(937) 225-4962

April 24

Know the 10 Signs: Early Detection Matters

6:00 pm – 7:30 pm

Learn about the risk factors, and how to help someone experiencing memory loss or behavioral changes. Interactive workshop. Light dinner will be provided.

Drew Health Center, 1323 West Third Street – DAYTON

Sponsor: Alzheimer's Association of Miami Valley

(937) 610-7006

April 26

"Adapting a Healthy Life Style" Community Health Fair

10:00 am – 2:00 pm

Free health screenings for total cholesterol / HDL / blood sugar, blood pressure and a hemoglobin A1C (for anyone who has been told by a doctor they have diabetes), health education, activities, and information on health services and community resources. Free and open to the community. Believers Christian Fellowship, 1516 Salem Avenue – DAYTON

Sponsor: Believers Christian Fellowship Church

cdh@heardmgt.com

*Events are funded by Public Health - Dayton & Montgomery County, the Ohio Commission on Minority Health, and CareSource.

Note: The times, dates and locations of the events are subject to change after the printing deadline. If needed, please contact the sponsor listed to verify the event.



April 2014

DAYTON REGION MINORITY HEALTH MONTH

Calendar of Events

LIVE BETTER, LIVE LONGER

GOOD HEALTH BEGINS WITH YOU!

