



## INFANT MORTALITY

*Too many babies in Montgomery County are dying before their first birthday! Our community is working hard to reduce the number of low birth weight babies, premature deliveries, and Sudden Infant Deaths.*

*It is important that women be in the best health possible before and during pregnancy. If you have a history of miscarriage or premature delivery, ask the doctor about progesterone therapy.*

*If seeking prenatal care, ask about Centering Pregnancy™ appointments.*

*For more information contact Public Health at 225-5700.*

*\* 2016 events funded by the Ohio Commission on Minority Health, Public Health - Dayton & Montgomery County*

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



**Public Health**  
Prevent. Promote. Protect.  
Dayton Council on Health Equity



# DAYTON REGION MINORITY HEALTH MONTH

## APRIL 2016 CALENDAR OF EVENTS

**LIVE BETTER, LIVE LONGER**

**GOOD HEALTH BEGINS WITH YOU!**

## April 2016 - Greater Dayton Region Minority Health Month Calendar of Events

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

### The five goals of Minority Health Month are:

- Provide crucial information to allow individuals to practice disease prevention
- Promote healthy lifestyles
- Showcase healthcare providers and resources
- Highlight the unequal health of Ohio's minorities compared to non-minorities
- Increase ongoing community support to improve minority health

### March 29

#### Community Forum: Setting Priorities & Taking the Next Step to Improve Minority Health

**5:00 pm - 7:00 pm; Please RSVP by March 22 at (937) 225-4962 or [cscroggins@phdmc.org](mailto:cscroggins@phdmc.org).**

Review local health data. Discuss minority health. Join in a conversation about how to improve minority health. Review the Montgomery County Community Health Improvement Plan strategies.

**CENTRAL STATE UNIVERSITY - DAYTON CAMPUS, 840 GERMANTOWN - DAYTON**

*Sponsor: Public Health - Dayton & Montgomery County/Dayton Council on Health Equity (Public Health/Dayton Council on Health Equity)*

*\*(937) 225-4962*

### March 30

#### 1210 AM - WDAO Radio Talk Show

**10:30 am - 11:00 am**

Cheryl Scroggins, Coordinator, Public Health/Dayton Local Office of Minority Health, talks about Minority Health Month and upcoming calendar events.

**WDAO Radio, 1210AM - DAYTON**

*Sponsor: Public Health/Dayton Council on Health Equity*

*\*(937) 225-4962*

### April 1

#### 2016 Minority Health Month Kick-off Celebration & Health Expo

**10:00 am - 2:00 pm**

The 2016 Kick-off will feature health education sessions, free health screenings, and partner exhibits of available health services and community resources.

**KETTERING TOWER LOBBY - 40 N. MAIN ST. - DAYTON**

*Sponsor: Public Health/Dayton Council on Health Equity*

*\*(937) 225-4962*

### April 1

#### 21 Days Wellness Pledge/W.O.W. Program

**6:30 am - 8:00 pm**

What is 31 Days of Wellness and W.O.W. Program? Commit to Health for at least 21 Days in April and "Working on Weight Loss." Commit to 5 - 9 servings of fruits and vegetables and exercise at least 5 times per week.

**ABUNDANT SEASON ANOINTED MINISTRIES - 643 TROY ST. - DAYTON**

*Sponsor: American Fitness Health & Wellness Institute*

*\*(937) 275-3770*

### April 2

#### Strides4Life 5K

**9:00 am - 11:00 am**

A 5K run to strengthen support, education and recognition of organ, eye and tissue donation in West Central Ohio.

**ISLAND PARK - 101 E. HELENA - DAYTON**

*Sponsor: Life Connections*

*\*msteed@lcodro.org*

### April 2

#### My Baby and Me

**1:00 pm - 4:00 pm**

WSU, AAWIPP proposes to partner with local faith communities to raise awareness and provide mental health resources for women at risk for postpartum depression. Goals include raising awareness about postpartum depression among African American women (prevention), providing the option of competing a postpartum depression screening measure (assessment), and if necessary, making referrals to local women's centers and mental health agencies (intervention).

**YWCA DAYTON - 141 W. 3RD ST. - DAYTON**

*Sponsor: Wright State University*

*\*(937) 775-4338*

### April 7

#### Well - Camp

**6:30 pm - 8:00 pm**

Provide hands-on training and to identify obesity triggers to avoid excessive caloric intake. Well-Camp will launch participants to prevention and understanding risks of chronic illnesses, cancer, stroke, and poor nutrition habits.

**AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE - 643 TROY ST. - SUITE A - DAYTON**

*Sponsor: American Fitness Health & Wellness Institute*

*\*(937) 275-3770*

## April 8

### Work it Out Health Fair

**5:30 pm - 8:00 pm**

Get moving! Come to this fun family event with instructor-led fitness activities for all ages. Food...games...vendors! There's something for all.

**FAMILY LIFE CENTER - 1501 W. THIRD STREET - DAYTON**

Sponsor: Mt. Enon Miss. Baptist Church \* Karen Mathews, mathk@aol.com  
\* (937) 524-6062

## April 9

### Diabetic Cooking for a Healthier You

**2:00 pm - 4:00 pm**

Chef Anthony Head will teach menu planning and cook for individuals with diabetes. Sample recipes provided with a list of healthy food substitutes. Educators will provide referrals to health services.

**YWCA DAYTON AUDITORIUM - 141 W. THIRD ST - DAYTON**

Sponsor: YWCA Dayton

\* (937) 461-5550 ext. 131

## April 12, 19, 26 - May 3, 10

### Track Pack Indoor 5K at Roosevelt Commons

**5:30 pm - 6:30 pm**

**(Blood pressure check, 5:30 - 5:50; health chat, 5:50 - 6:00)**

Join the Track Pack Walk Club and walk 5K in 5 Weeks on the Indoor Track. Meet Tuesdays from 5:30 – 6:30 p.m., for five weeks starting April 12.

**GREATER DAYTON RECREATION CENTER AT ROOSEVELT COMMONS  
2021 W. THIRD - DAYTON**

SPONSORS: Public Health, City of Dayton, & WDAO Radio

\* (937) 225-4962

## April 15

### Built to Win

**5:00 pm - 7:00 pm**

Families participate in a hands-on smoothie/juicing workshop where they will learn recipes and the benefit of healthy beverages and ways to reduce the risk of diabetes.

**BOYS & GIRLS CLUB OF DAYTON - 1828 W. STEWART ST. - DAYTON**

Sponsor: Boys & Girls Club of Dayton

\* (937) 262-8377

## April 16

### Built to Win

**Noon - 4:00 pm**

Families participate in fun obstacle courses as a demonstration of simple ways to exercise while having fun. Participants receive a take-home pedometer to track their daily fitness activity.

**BOYS & GIRLS CLUB OF DAYTON - 1828 W. STEWART ST. - DAYTON**

Sponsor: Boys & Girls Club of Dayton

\* (937) 262-8377

## April 16

### MEGA CARDIOFEST 2016

**Registration Starts 7:30 am; Cardiofest Activities: 8:00 am - Noon; Speakers: 12:30 pm - 1:30 pm**

What is Mega Cardiofest 2016? Festive cardiovascular activities, indoors, outdoors, breakout sessions, over 10 informational booths, screenings on wellness issues (cancer, obesity, heart disease, finances, body image, family violence, and diabetes).

**ABUNDANT SEASON ANOINTED MINISTRIES - 643 TROY ST. - DAYTON**

Sponsor: American Fitness Health & Wellness Institute

\* (937) 275-3770

## April 16

### 14th Annual Celebrating Life and Health Fair

**10:00 am - 3:00 pm**

Provides a wide array of free services and support services to at-need populations to ensure their good health and identify potential risk-factors. The event is free and open to everyone. Tickets can be received in advance or at the door. Although the event is free, tickets are required. Every attendee gets a free healthy meal, a chance to win prizes, and there is family entertainment and live music for all ages.

**SINCLAIR COMMUNITY COLLEGE, PONITZ CENTER, BUILDING 12 - 444 W. THIRD ST. - DAYTON**

Sponsor: Levin Family Foundation

\* (937) 223-5433

## April 21

### Introduction to Fitness Training

**6:30 pm - 8:00 pm**

This seminar will teach attendees about the proper "do's and don'ts" of physical activity; and the latest research regarding exercise prescribed as complimentary medicine to various chronic illnesses.

**AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE - 643 TROY ST., SUITE A - DAYTON**

Sponsor: American Fitness Health & Wellness Institute

\* (937) 275-3770

## April 18

### Miami Valley Black Health Coalition Meeting

**3:00 pm - 4:30 pm**

The coalition meets monthly to share information about the state of health in the black community and work on initiatives to address aspects of black health.

**THE OPPORTUNITY CENTER - 907 W. 5th STREET/DP & CONF. RM. - DAYTON**

Sponsor: Miami Valley Black Health Coalition

\* <http://mvbhc.weebly.com/>

## April 21

### Latino Connection Meeting

**10:00 am - Noon**

The coalition meets monthly to share information about Latino family needs, available resources and services and upcoming events in the Latino community.

**EAST END HEALTH CENTER - 624 XENIA AVE - DAYTON**

Sponsor: Latino Connection

\* [latinoconnection2005@yahoo.com](mailto:latinoconnection2005@yahoo.com)

## April 23

### My Baby and Me

**11:00 am - 2:00 pm**

This event will raise awareness and provide mental health resources for women at risk for postpartum depression. Goals include raising awareness about postpartum depression among African American women (prevention), providing the option of completing a postpartum depression screening measure (assessment) and if necessary, making referrals to local women's centers and mental health agencies (intervention).

**MT. CALVARY BAPTIST CHURCH - 3375 W. SIEBENTHALER AVE. - DAYTON**

Sponsor: Wright State University

\* (937) 775-4338

**April 23**

**Community Health Wellness Day**

**8:00 am - 3:00 pm**

Community health education sessions. Tour the cardio workout room. Sign up for the Commit to Be Fit program. Learn about the African American Services program.

**CENTRAL STATE UNIVERSITY - DAYTON CAMPUS - 840 GERMANTOWN - DAYTON**

Sponsor: CSU - Dayton

\* (937) 376-6167

**April 23**

**5K Hero's Run & Walk**

**8:00 am - 10:00 am**

Starts at the VA Medical Center; ends at CSU - Dayton Campus.

**CENTRAL STATE UNIVERSITY - DAYTON CAMPUS - 840 GERMANTOWN - DAYTON**

Sponsor: CSU - Dayton

\* (937) 376-6167

**April 23**

**Heart 2 Heart - Healthy Living for Women**

**10:00 am - 2:00 pm. Free with registration by 4/19**

Join us for a free heart to heart discussion to empower each other about issues that are impacting our community. HIV/AIDS, Pre-Exposure Prophylaxis & Post-Exposure Prophylaxis, Hep C, Healthy Lifestyle, Taking care of yourself, Addiction - Alcohol & Substance Abuse. Free HIV testing. Light Refreshments will be served.

**A LOVING HEART COMMUNITY CENTER - 3195 W. SIEBENTHALER - DAYTON**

Sponsor: Born to Serve, LLC

\* (937) 430-0155 or [bbdecoux01@gmail.com](mailto:bbdecoux01@gmail.com)

**April 23**

**Line Dance to Future Health**

**1:00 pm - 4:00 pm**

Participants will learn to line dance. Community partners will connect participants to area activities. Materials on exercises, healthy living, and diabetes management will be available.

**YWCA DAYTON AUDITORIUM - 141 W. THIRD ST. - DAYTON**

Sponsor: YWCA Dayton

\* (937) 481-5550, Ext. 131

**April 26**

**Miami Valley Organizing Collaborative**

**11:00 am - 12:30 pm**

MVOC meets monthly to organize everyday Ohioans, building transformative power for social, racial, and economic justice in our state.

**OMEGA BAPTIST CHURCH - 1821 EMERSON AVE. - DAYTON**

Sponsor: Miami Valley Organizing Collaborative

\* [billdudley1099@msn.com](mailto:billdudley1099@msn.com)

**April 26**

**Community Forum: Setting Priorities & Taking the Next Step to Improve Minority Health**

**2:00 pm - 4:00 pm**

Please RSVP by April 15 at (937) 225-4962 or [cscroggins@pfdmc.org](mailto:cscroggins@pfdmc.org).

Review local health data. Join in a conversation about how to improve minority health. Review the Montgomery County Community Health Improvement Plan strategies.

**PUBLIC HEALTH \* 117 S. MAIN. \* EH CONFERENCE ROOM/1ST FLOOR**

Sponsor: Public Health/Dayton Council on Health Equity

\* (937) 225-4962

**April 27**

**Healthy Children, Healthy Life**

**6:00 pm - 8:00 pm**

Chef Anthony Head will demonstrate to parents how to prepare healthy meals for their children and teach them proper nutrition. Food samples will be shared with recipes and informational handouts.

**YWCA DAYTON - 141 W. THIRD ST. - DAYTON**

Sponsor: YWCA Dayton

\* (937) 461-5550, Ext. 131

**April 30**

**My Beautiful Baby Stroll-In**

**10:00 am - 2:00 pm**

Get free health screenings, a free baby bag, and lots of information about having a healthy baby, and the importance of good overall health for women and moms. Learn about community resources and health services. Light food and beverages will be served. Please come and bring a friend!

**DAKOTA CENTER - 33 BARNETT ST. - DAYTON**

Sponsor: Public Health/Dayton Council on Health Equity

\* (937) 225-4962

**April 30**

**5K Walk/Run for Autism Awareness**

**Registration, 7:30 am; Run begins at 9:00 am;**

**Walk begins at 9:15 am**

A walk/run to strengthen support, education and recognition of autism, and improve the lives of those affected by autism.

**PAYNE RECREATION - 3800 MAIN ST. - MORAINE**



## PREVENT CHRONIC DISEASE

*Cancer, Type 2 diabetes, heart disease, stroke, and lung disease are largely preventable chronic health conditions.*

*How: Prevention is the key to good health. Eat a healthy diet, get regular exercise, have a primary care doctor, get routine preventive health screenings and wellness check-ups, and ask your doctor about the ABC's of good heart health: Aspirin-therapy, monitoring Blood pressure and Cholesterol, and not Smoking.*