



*The Ohio Commission  
on Minority Health*

**2016 MINORITY  
HEALTH MONTH  
CALENDAR OF EVENTS**  
*a 30-day wellness  
campaign*

**Good Health  
Begins With You!®**



March 24, 2016

Official State of Ohio Kick-Off  
**2016 Health Expo & Award Ceremony for  
 Minority Health Month**

9:00am - 2:00pm  
 Health information, screening, and ethnic edutainment will be available. Awards will be presented to Minority Health Month Kick Off sponsors from across the State of Ohio.

77 S. HIGH ST., 3RD & 5TH FLOORS  
 COLUMBUS

**Sponsored By:**  
 Ohio Commission on Minority Health  
 (614) 466-4000

April 1, 2016

**2016 Lucas County  
 Minority Health Month Kickoff**

8:00am-3:00pm  
 The TOMH will present a Minority Health Month Kickoff. The event is free and open to all ages. Various Health Department services available. Walk-in services include: physicals for both youth and adults, dental exams, eye exams, hearing exams, and immunizations.

LUCAS COUNTYREGIONAL HEALTH DISTRICT  
 635 N. ERIE ST.— TOLEDO

**Sponsored By:**  
 Lucas County Regional Health District Toledo Office of Minority Health  
 (419) 213-4095

April 1, 2016

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

10:00am-2:00pm  
 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

**Sponsored By:**  
 Public Health-Dayton & Montgomery County-Local Office of Minority Health  
 (937) 225-4962

April 1, 2016

**21 Days Wellness Pledge/W.O.W. !  
 Program**

6:30pm-8:00pm  
 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 INTERNATIONAL  
 643 TROY ST.-DAYTON

**Sponsored By:**  
 American Fitness Health & Wellness Institute  
 (937) 275-3770

April 1, 2016

**Barbers and Beauticians That Care**

11:00am-1:00pm  
 In collaboration with the OSU College of Nursing, Making A Difference Inc. will conduct "Barbers and Beauticians That Care" event on the Near Eastside. OSU College of Nursing volunteers will conduct basic health screenings (blood pressure, blood sugar, BMI, Stress, etc.) .

A CUT ABOVE THE REST BARBERS SHOP  
 346 N. 20TH ST-COLUMBUS  
 (614) 253-8820

SENERGY SALONS  
 3443 E. BROAD ST.-COLUMBUS  
 (614) 253-3463

**Sponsored By:**  
 A Cut Above the Rest Barbers Shop  
 (614) 253-8820

April 2, 2016  
**Safe Sleep Champions Forum**

9:00am-11:00am  
 A community forum for local advocates regarding safe sleep practices as a strategy to prevent infant deaths. Attendees will hear from experts and local champions about ways of spreading this health message to the community.

SANDUSKY STATE THEATER,  
 STATE ROOM  
 107 COLUMBUS AVE—SANDUSKY

**Sponsored By:**  
 Erie County Health Department  
 (419) 626-5623 Ext. 185

April 2, 2016

**2016 Columbus Public Health  
 Minority Health Month Kick-Off**

10:00am-2:00pm  
 A one day community health education event in partnership with the Westside Community Health Advisory Committee, Care Source, CPH LGBTQ, OSU, DADDS, Lifeline of Ohio, Nationwide Children's Hospital and Office of Minority Health At Columbus Public Health.

COLUMBUS PUBLIC HEALTH  
 AUDITORIUM  
 240 PARSONS AVE.-COLUMBUS

**Sponsored By:**  
 Columbus Public Health, Office of Minority Health  
 (614) 645-7335

April 2, 2016

**Road to Recovery-Learning to  
 Enjoy the Journey**

10:00am-2:00pm  
 Road to Recovery-Learning to Enjoy the Journey. Families affected by the disease of Addiction are invited to attend a Resource and Art Show sponsored by the Ross County Community Action Inc. and the Ohio Commission on Minority Health.

OHIO UNIVERSITY  
 CHILLICOTHE BRANCE-  
 101 UNIVERSITY DR.-CHILLICOTHE

**Sponsored By:**  
 Ross County Community Action, Inc.  
 (740) 702-7222

April 2, 2016

**"Stop the Violence" 5K Walk/Run**

10:00am-12:00pm  
 The purpose of this event is to encourage family exercise and to bring awareness of violent crimes as a minority health disparity.

STEUBENVILLE MUNICIPAL BLD.  
 115 SOUTH 3RD ST-STEUBENVILLE

**Sponsored By:**  
 Urban Mission Ministries  
 (740) 282-8010

# “APRIL IS MINORITY HEALTH MONTH”

## MINORITY HEALTH MONTH BACKGROUND :

Minority Health Month (MHM) was created in Ohio in April 1989. The first celebration featured 81 community initiated events. We were elated, since our goal was for one event to be conducted each day throughout Ohio. Minority Health Month was designed to be a 30-day inclusive, high visibility, wellness campaign.

In 2000, MHM became a national celebration.

The five goals established for the month, from inception, remain valid today. Those goals are to:

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

Today, the month has grown to over 100 events planned and executed by community based agencies and organizations. The creativity of these initiatives has been extraordinary.



*April 2, 2016*

**Asian American Community Services  
Minority Health Month Kick-Off**

10:00am-12:00pm

What's Autism Spectrum Disorder?  
To increase the awareness and knowledge of autism spectrum disorders in the Asian American Community. A 90 minute panel discussion/workshop on explanation and prevalence of Autism Spectrum disorders and how it affects the Asian communities.

TREE OF LIFE CONFERENCE CENTER  
500 ARLINGTON BLVD.-COLUMBUS

**Sponsored By:**  
Asian American Community Services  
(614) 220-4023 Ext. 224

*April 2, 2016*

**My Baby and Me**

11:00am-2:00pm

Wright State University 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 completing 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

**Sponsored By:**  
Wright State University  
937-775-4336

*April 2, 2016*

**"Getting Your Health in Order" Initiative**

9:00am-2:00pm

Jump Start Kick Off. Free and open to the public health screenings. To include: mammogram, prostate, blood glucose, cholesterol, triglyceride, blood pressure, height and weight.

CINCINNATI CONTEMPORARY  
LEARNING CENTER  
CINCINNATI METROPOLITAN  
HOUSING AUTHORITY  
1635 WESTERN AVE.-CINCINNATI

**Sponsored by:**  
The Union Foundation  
(513) 981-0421

*April 2, 2016*

**Summit County Minority Health  
Month Kick-Off**

11:00am-3:00pm

Educate the general public/community on pertinent issues facing racial/ethnic minority communities. Provide residents with resources for healthy living. Tons of giveaways, raffles, and fun for all ages!

THE UNIVERSITY OF AKRON  
QUAKER STATION  
135 S. BROADWAY-AKRON

**Sponsored By:**  
Summit County Combine Health District  
Office of Minority Health  
(330) 926-5764

*April 2, 2016*

**Barbers and Beauticians That Care**

9:00am-1:00pm

In collaboration with the OSU College of Nursing, Making a Difference Inc. will conduct "Barbers and Beauticians That Care" event on the Near Eastside. OSU College of Nursing volunteers will conduct basic health screenings (blood pressure, blood sugar, BMI, Stress test).

A CUT ABOVE THE REST BARBERS  
SHOP  
346 N. 20TH ST.-COLUMBUS  
(614) 253-8820

EVOLUER STUDIOS  
771 E. LONG ST.-COLUMBUS  
(614) 653-4751

MIRROR IMAGE SALONS  
2934 E. BROAD ST.-COLUMBUS  
(614) 235-2875

SENERGY SALONS  
3443 E. BROAD ST.-COLUMBUS  
(614) 253-3463

WILLIS BEAUTY SHOP  
1500 E. LONG ST.-COLUMBUS  
(614) 252-5004

WIZARDS OF HAIR BARBER SHOP  
345 20TH ST.-COLUMBUS  
(614) 252-6122

**Sponsored By:**  
Making A Difference, Inc.  
(614) 253-1880

*April 2, 2016*

**Citywide Baby Shower and Health Fair**

11:00am-3:00pm

The Stroller Stroll will begin at 11:30 a.m. Health Screenings include: blood pressure, glucose and cholesterol. Vendors will represent various agencies that provide services and support to expectant moms.

ARLINGTON HEIGHTS  
RECREATIONAL CENTER  
810 OTIS ST.-YOUNGSTOWN

**Sponsored By:**  
Youngstown Office of Minority  
Health  
(330) 743-3333 Ext. 238

*April 4, 2016*

**"Getting Your Health In Order"  
Initiative**

6:00-8:00pm

Session I: Faith-Gaining Self-Confidence. Participants will be introduced to the Essentials of the Daniel Plan, focusing on faith, having self-confidence to make positive lifestyle changes.

LIBERTY STREET APARTMENTS,  
RESIDENT COUNCIL OFFICE  
1550 LINN ST.-CINCINNATI

**Sponsored by:**  
The Union Foundation  
(513) 981-0421

*April 6, 2016*

**Health & Awareness Fair**

7:00-9:00pm

Gus Johnson Community Foundation Health & Awareness Fair  
A community education event to include health screenings, health related information, cooking demonstration and CPR class for participants who will be certified upon completion.

THE GUS JOHNSON  
COMMUNITY CENTER  
1015 S. HAWKINS-AKRON

**Sponsored by:**  
The Gus Johnson Community  
Foundation  
(330) 836-8067

**April 6, 2016**

**Oral Health Day**

**9:00am-3:00pm**

Oral Health Day-ASIA, Inc.  
This event will raise awareness about Oral Health in the minority refugee populations in Summit County. There will be a distribution of toothbrushes, toothpaste, dental floss, and various giveaways to promote healthy living.

INTERNATIONAL INSTITUTE OF AKRON  
207 E. TALLMADGE AVE.-AKRON

**Sponsored by:**  
Summit County Combined Health District  
(330) 926-5764

*April 6, 2016*

**Stress Management: The De-Stress Zone**

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

2 hour stress management class using diet, yoga and massage.

MT. ZION MISSIONARY BAPTIST CHURCH, GLENDALE  
40 CORAL AVE.-CINCINNATI

**Sponsored By:**  
The Waldrop Health and Youth Ministry  
(513) 771-9135

*April 7, 2016*

**WELL-CAMP**

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

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

**Sponsored By:**  
American Fitness Health & Wellness Institute  
(937) 275-3770

*April 7, 2016*

**Oral Health Day-ASIA, INC.**

**9:00am-3:00pm**

This event will raise awareness about Oral Health in the minority refugee populations in Summit County. There will be a distribution of toothbrushes, toothpaste, dental floss and various giveaways to promote healthy living. Oral health, oral prophylaxis and referrals will be offered to clients at no cost.

ASIAN SERVICES IN ACTION  
730 CARROLL ST.-AKRON

**Sponsored by:**  
Summit County Combined District  
(330) 926-5764

*April 7, 2016*

**Family Health Fiesta**

**3:00-5:00pm**

Health awareness and disease promotion events with screenings, healthy snack demonstrations, physical activities and knowledge sessions targeting Hispanic-Latino and African American families, but open to all.

WE CARE WE SHARE  
1888 EAST 31 ST.-LORAIN

**Sponsored By:**  
Lorain City Health Department  
(440) 204-2311

*April 8, 2016*

**Mi Salud**

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

Mi Salud (My Health) Workshop will talk about health related to Latinos, specifically on domestic violence and healthy relationships.

LA GALERIA  
1224 BROADWAY ST.-TOLEDO

**Sponsored By:**  
Adelante Inc.  
(419) 244-8440 Ext. 219

**April 8, 2016**

**Alcohol, Tobacco, Other Drugs and Violence Awareness Event**

**4:30-6:00pm**

Community for New Direction will facilitate an event that will educate 11 to 18 year olds on the harms and dangers of substance abuse and violence. Rain date April 15, 2016.

COMMUNITY FOR NEW DIRECTION  
993 E. MAIN ST.-COLUMBUS

**Sponsored by:**  
Community for New Direction  
(614) 272-4164

*April 8, 2016*

**Building Healthy Lives**

**7:00-10:00pm**

Program to address healthy lifestyles, team building, healthy relationships, fitness, and nutrition.

CAMP CARL  
8054 CALVIN RD.-RAVENNA

**Sponsored by:**  
Community Outreach Positive Alternative Training (COPAT)  
(330) 327-6554

*April 8, 2016*

**“Some One Save My Life tonight”**

**7:00pm**

A play based on the life of Sal Perez, Senior Pastor at Victory Outreach Tucson and nationally acclaimed recording artist. A talk back will follow on the principles of recovery, healing and spirituality..

COMMUNITY OF FAITH ASSEMBLY  
5949 ENGEL RD.-CLEVELAND

**Sponsored by:**  
Bureau of Drug Abuse  
Cleveland Treatment Center, Inc.  
(216) 861-4248

**April 8, 2016**

**Kids Health Spectacular**

4:30-6:30pm  
 This event will feature a dietitian demonstrating a kid-friendly meal preparation (each child will have his/her own food set-up station for personal hands-on meal preparation providing transference of knowledge of skills in action), activity stations with healthy eating games and interactive cardio exercises and a yoga demonstration.

CHAGRIN FALLS PARK COMMUNITY CENTER  
 7060 WOODLAND AVE.- CHAGRIN FALLS

**Sponsored by:**  
 Family & Community Services Inc.  
 (440) 247-6030

**April 9, 2016**

**Passport to Wellness**

10:30am-1:30pm  
 Health Fair, providing screenings, chair exercise, Zumba demonstration, line dancing, health information on mental health/substance abuse, HIV/AIDS, smoking cessation, healthy diet and other health information.

WILLIAM E. SANDERS FAMILY LIFE CENTER  
 3949 LEE RD.-CLEVELAND

**Sponsored By:**  
 William E. Sanders Family Life Center  
 ((216) 214-8794

**April 9, 2016**

**Diabetic Cooking for a Healthier You**

2:00-4:00pm  
 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

**Sponsored By:**  
 YWCA Dayton  
 (937) 461-5550 ext. 131

**April 9, 2016**

**Living Well With Diabetes**

10:00am-1:00pm  
 This seminar will focus on a comprehensive approach to diabetes management. Participants will be able to identify the different types of diabetes, understand how to check their blood sugar, identify related complications, and learn how to create a meal plan. Participants will be provided a self-care workbook and other diabetic tools.

RADISSON AT THE UNIVERSITY OF TOLEDO  
 3100 GLENDALE AVE-TOLEDO

**Sponsored By:**  
 Bread of Life Feeding Center  
 (419) 646-8586

**April 9, 2016**

**"Some One Save My Life Tonight"**

1:00pm  
 A play based on the life of Sal Perez, Senior Pastor at Victory Outreach Tucson and nationally acclaimed recording artist. A talk back will follow on the principles of recovery, healing and spirituality.

CUYAHOGA COUNTY COURT OF COMMON PLEAS, JUVENILE DIVISION, JUVENILE JUSTICE CENTER  
 9300 QUINCY AVE.-CLEVELAND

7:00pm  
 CLEVELAND STATE UNIVERSITY—WAETJEN AUDITORIUM  
 2001 EUCLID AVE.-CLEVELAND

**Sponsored By:**  
 Bureau of Drug Abuse, Cleveland Treatment Center, Inc.  
 (216) 861-4246



**April 9, 2016**

**"Healthy & Whole" Community Partners Training Workshop**

9:00am-3:00pm  
 This event will be a one (1) day workshop for representatives from local minority churches and organizations to attend and receive training on minority health disparities. Workshop topics will include: Identifying & Addressing Minority Health Disparities; CPR & First Aid Training; Healthy Living: Diet & Exercise; Commitment to Health.

EASTERN GATEWAY COMMUNITY COLLEGE  
 4000 SUNSET BL.- STEUBENVILLE

**Sponsored By:**  
 Urban Mission Ministries  
 (740) 282-8010

**April 9, 2016**

**Count Down to a Healthier You**

9:00am-1:00pm  
 Questionnaire surveys and blood pressure screenings will be performed, exercise classes, educational workshops on health and community resources and nutrition.

SAWYER MANOR COMMUNITY BUILDING  
 940 CALDWELL PL.-COLUMBUS

**Sponsored By:**  
 East Columbus Development Company  
 (614) 372-0884

**April 9, 2016**

**Building Healthy Lives**

9:00am-2:00pm  
 Program will address healthy lifestyles, team building, healthy relationships, fitness, and nutrition.

CAMP CARL  
 8054 CALVIN RD.-RAVENNA

**Sponsored By:**  
 Community Outreach Positive Alternative Training (COPAT)  
 (330) 327-6554

*April 9, 2016*

**Asian Health Day—Health Screening Event**

6:30am-1:30pm  
Health screening for blood pressure, cholesterol, and glucose (10 hour fasting required by participants). Heel scan for osteoporosis, BMI and oral cancer/dental screening.

ALL NATIONS COMMUNITY CHURCH  
5260 HILL AVE.-TOLEDO

**Sponsored By:**  
Asian Resource Center  
(419)297-7542

*April 10, 2016*

**2016 Spring Health Fair**

12:30-3:30pm  
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, etc.

PRICE HILL RECREATION CENTER  
959 HAWTHORNE AVE.-CINCINNATI

**Sponsored By:**  
Santa Maria Community Services  
(513) 557-2700 Ext. 207

*April 11, 2016*

**Step Up to Diabetes**

10:00am-2:00pm  
Students will participate in a diabetes prevention program through interactive learning activities about healthy food and exercise.

JOHN HAY HIGH SCHOOL  
2075 STOKES BLVD.-CLEVELAND

**Sponsored By:**  
University Hospitals Case Medical Center  
(216) 970-9751



*April 11, 2016*

**“Getting Your Health in Order” Initiative**

6:00-8:00pm  
Session 2: Food-Abundance not Deprivation. Participants will learn that eating well is not complicated, by learning to choose real foods and avoid processed products to experience the healing of good nutrition.

LIBERTY STREET APARTMENTS  
RESIDENT COUONCIL OFFICE  
1550 LINN ST.,-CINCINNATI

**Sponsored By:**  
The Union Foundation  
(513) 981-0421

*April 11., 2016*

**Asian Health Day-Presentation on Pancreatic Cancer**

12:30-1:30pm  
Learn about the causes, symptoms, signs, prevention and treatment, by Dr. Kerri Ann Simo, MD Hepatobiliary and Pancreas Surgery, Pro Medica Physicians.

ASIAN SENIOR CENTER, HIGHLAND PARK SHELTER HOUSE  
1865 FINCH ST.-TOLEDO

**Sponsored By:**  
Asian Resource Center  
(419) 297-7542

*April 12, 2016*

**Listen Up..It’s time to Talk Drug Prevention!**

1:00-3:00pm  
Mercy will offer a culturally and age appropriate, interactive education session to urban, public middle school students. The program will address substance abuse awareness and intervention resources.

MERCY AUDITORIUM IN MERCH HALL ,  
MERCY MEDICAL CENTER  
1320 MERCY DR.NW.-CANTON

**Sponsored By:**  
Mercy Medical Center  
(330) 430-6986

*April 12, 2016*

**Step Up to Diabetes**

10:00am-2:00pm  
Students will participate in a Diabetes prevention program through interactive learning activities about healthy food and exercise.

CLEVELAND CENTRAL HIGH SCHOOL  
6550 BAXTER AVE.-CLEVELAND

**Sponsored By:**  
University Hospitals Case Medical Center  
(216) 970-9715

*April 13, 2016*

**Stress Management: the De-Stress Zone**

6:00-8:00pm  
A 2 hour stress management class using diet, yoga and massage..

MT ZION MISSIONARY BAPTIST CHURCH, GLENDALE  
40 CORAL AVE.-CINCINNATI

**Sponsored By:**  
The Waldrop Health and Youth Ministry  
(513) 771-9135

*April 13, 2016*

**Breast Health Education Outreach**

8:00am-3:30pm  
The YWCA Breast Health Program will provide two day education workshops on topics related to teens. These workshops will be offered to two area high schools with a predominately minority student base.

WINTON WOODS HIGH SCHOOL  
1231 KEMPER RD.-CINCINNATI

**Sponsored By:**  
YWCA of Greater Cincinnati  
(513) 361-2157

*April 13, 2016*

**Gus Johnson Community Foundation Health & Wellness Fair**

7:00-9:00pm

This will be a community education event that will include health screenings, health related information, a healthy cooking demonstration and a CPR class for participants where they will be certified when they leave.

THE GUS JOHNSON  
COMMUNITY CENTER  
1015 S. HAWKINS-AKRON

**Sponsored By:**  
The Gus Johnson Community Foundation  
(330) 836-8067

*April 13, 2016*

**Family Wellness Carnival**

4:00-7:00pm

A fun, festive carnival atmosphere, interactive family event with activities that highlight how small daily changes make a big impact on improving overall health. Aerobic activities, informational health booths and more.

WILLIAM PATRICK DAY CENTER  
2421 COMMUNITY COLLEGE AVE.  
CLEVELAND

**Sponsored By:**  
Council for Economic Opportunities in Greater Cleveland  
(216) 696-9077 ext. 251

*April 13, 2016*

**Alcohol, Tobacco, Other Drugs and Violence Awareness Event**

4:30-6:00pm

Community for New Direction will facilitate an event that will educate 11 to 18 year olds on the harms and dangers of substance abuse and violence.

COMMUNITY FOR NEW DIRECTION  
993 E. MAIN ST.-COLUMBUS

**Sponsored By:**  
Community for New Direction  
(614) 272-1464

*April 13, 2016*

**Diagnosis and Treatment of Mental Health Issues in the Senior Community**

4:00-6:30pm

This event will be a forum including a lecture and discussion related to mental illness in the senior population. The presenter will be a Geriatric Psychiatrist.

ZION BAPTIST CHURCH  
630 GLENWOOD AVE.-CINCINNATI

**Sponsored By:**  
Zion Baptist Church  
(513) 751-8608

*April 13, 2016*

**Your Colon Health Matters**

9:00am-12:00pm

Participants will receive education on the symptoms, risk factors, prevention, early detection and screening of colorectal cancer. Qualified participants will receive a home screening kit for colorectal cancer.

MAYJORES SENIOR CENTER  
2 AURORA GONZALEZ RD.-TOLEDO

**Sponsored By:**  
Lucas County Colorectal Cancer Coalition  
(419) 407-1187

*April 14, 2016*

**Healthier Food, Healthier Families: Promoting Nutrition Access and Healthy Living Among Latinos:**

2:30-5:30pm

The workshop will address the problem of obesity as a cause of many diseases among Latinos and how to improve nutrition by educating families to make informed decisions regarding healthy eating and physical activity.

SPANISH AMERICAN  
COMMITTEE  
4407 LORAIN AVE.-CLEVELAND

**Sponsored By:**  
Spanish American Committee  
(216) 961-2100

*April 14, 2016*

**Step Up to Diabetes**

10:00am-2:00pm

Students will participate in a diabetes prevention program through interactive learning activities about healthy food and exercise.

SHAKER HEIGHTS HIGH SCHOOL  
15911 ALDERSYDE DR.-  
CLEVELAND

**Sponsored By:**  
University Hospitals Case Medical Center  
(216) 970-9751

*April 14, 2016*

**WinMed Safe Sleep Community Baby Shower**

3:00-5:00pm

WinMed Health Services will share locally produced Safe Sleep Videos and facilitated discussion during a Community Baby Shower on April 14, 2016 .

WINMED-CITY WEST HEALTH  
CENTER  
1019 LINN ST.-CINCINNATI

**Sponsored By:**  
Winton Hills Medical and Health Center  
(513) 242-1033

*April 14, 2016*

**Minority Health Conference -A Look at Substance Abuse and Violence**

8:30am-9:00am Registration

9:00am-3:30pm Program

This conference will examine substance abuse and ;how often it is accompanied by violence. Noted area speakers in the fields of Drug and Alcohol and Violence will facilitate.

TABERNACLE BAPTIST CHURCH  
707 ARLINGTON ST.-  
YOUNGSTOWN

**Sponsored By:**  
Youngstown Office on Minority Health  
(330) 743-3333 ext. 238

*April 14, 2016*

**We Tai Chi Open House**

1:00-2:30pm

Residents of the Toledo Central City will be invited to see Tai Chi demonstrations, experience mini-classes, receive information on the health benefits of Tai Chi, and receive invitations to free 12-week classes.

MONROE STREET NEIGHBORHOOD CENTER  
3613 MONROE ST.-TOLEDO

**Sponsored By:**

Monroe Street Neighborhood Center  
(419) 473-1167

*April 15, 2016*

**Built to Win**

5:00-7:00pm

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

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

**Sponsored By:**

Boys & Girls Club of Dayton  
(937) 262-8377

*April 15, 2016*

**Ross County Community Action Inc. Health Fair**

10:00am-2:00pm

Ross County CAC will host a Health Fair to celebrate Minority Health Month and promote healthier lifestyles through free health screenings, physician referrals and prevention education to all in attendance.

CHILLICOTHE AND ROSS COUNTY PUBLIC LIBRARY ANNEX  
140-146 S. PAINT ST.-CHILLICOTHE

**Sponsored By:**

Ross County Community Action Inc.  
(740) 702-7222

*April 15, 2016*

**Heart Healthy Eating**

5:30-8:00pm

A speakers forum that focuses on mitigating chronic illnesses by promoting lifestyle changes through healthy eating. Information provided that focuses on nutrition, understanding labels on foods and healthy food preparation.

HARVARD COMMUNITY SERVICES CENTER  
18240 HARVARD AVE.-CLEVELAND

**Sponsored By:**

Harvard Community Services Center  
(216) 991-8585

*April 15, 2016*

**Healthy Mom Healthy Baby Shower**

10:00am-2:00pm

The Healthy Mom Healthy Baby Shower will include demonstrations and activities related to safe and healthy pregnancies and infant care, including prenatal care, nutrition, safe sleep and substance use.

MERCY ST. VINCENT MEDICAL CENTER AUDITORIUM  
2213 CHERRY ST.-TOLEDO

**Sponsored By:**

Mercy Health  
(419) 251-2451

*April 15, 2016*

**Healthier Food, Healthier Families: Promoting Nutrition Access and Healthy Living Among Latinos**

5:30-8:30pm

The workshop will address the problem of obesity as a cause of many diseases among Latinos and how to improve nutrition by educating families to make informed decisions regarding healthy eating and physical activity.

OCCHA  
3660 SHIRLEY RD.-YOUNGSTOWN

**Sponsored By:**

Ohio Commission on Latino/Hispanic Affairs  
(330) 781-1808

*April 15, 2016*

**Built to Win**

Noon-4:00pm

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

**Sponsored By:**

Boys & Girls Club of Dayton  
(937) 262-8377

*April 16, 2016*

**Minority Health Workshops and Forums**

1:30pm

The Office of Minority Health at Columbus Public Health workshops and forums are designed to engage the community in dialogue about their understanding of the importance of taking personal responsibility for their health and well being.

COLUMBUS PUBLIC HEALTH  
240 PARSONS AVE.-COLUMBUS

**Sponsored By:**

Office of Minority Health at Columbus Public Health  
(614) 645-7335

(937) 275-3770

*April 16, 2016*

**Minority Health Month Health Summit**

10:00am-3:00pm

This event will feature presentations for youth and adults to promote healthy lifestyles. Crucial information will be provided to all parents, care givers, and surrounding community at large to allow everyone to practice disease prevention.

ROBINSON ELEMENTARY SCHOOL  
1075 HORACE ST.-TOLEDO

**Sponsored By:**

Lucas County Regional Health District  
(419) 213-4095

April 16, 2016

**Count Down to a Healthier You**

9:00am-1:00pm  
Surveys and health screening preformed, exercise classes, educational workshops on health and community resources and nutrition.

SAWYER MANOR COMMUNITY BUILDING  
940 CALDWELL PL.-COLUMBUS

**Sponsored By:**  
East Columbus Development Company  
(614) 372-0884

April 16, 2016

**A Celebration of Heritage and Life**

12:00pm-4:00pm  
A celebration of heritage and life through the smells, tastes and sounds of culture.

J. GLENN SMITH HEALTH CENTER  
11100 ST. CLAIR AVE.-CLEVELAND

**Sponsored By:**  
Cleveland Department of Public Health  
(216) 664-4176

April 16, 2016

**Annual Men's Health Breakfast**

9:00am-12:00pm  
This event will encourage healthier eating habits amongst minority males and address various health disparities affecting minority males. The theme for this event will be, "Real Men Take Care of Their Health", focusing on doctors' visits (scheduling and keeping appointments), and Timely preventative care (flu shots, colonoscopies, prostate screenings). A panel of local health care professionals will facilitate a "Q&A" portion of the breakfast, and health information will be provided for participants to take home.

MT. CARMEL COMMUNITY BAPTIST CHURCH  
708 N 5TH ST.-STEBENVILLE

**Sponsored By:**  
Urban Mission Ministries  
(740) 282-8010

April 16, 2016

**Gardening to Health**

9:00am-3:00pm  
Connecting healthy living and gardening. Will include presentation on nutrition, vegetarian food demo, an interactive fitness demo, and blood pressure, BMI, body fat percentage and mammogram screenings.

SOUTH EUCLIDE COMMUNITY CENTER  
1370 VICTORY DR.-SOUTH EUCLID

**Sponsored By:**  
Asian Services in Action, Inc.  
(216) 881-0330 Ext. 8813

April 16, 2016

**'MEGA' CARDIOFEST 2016**

Registration Starts 7:30am  
Cardiofest Activities: 8:00am-12:00pm  
Speakers: 12:30-1:30pm  
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 INTERNATIONAL (INDOOR/OUTDOOR EVENT)  
643 TROY ST.-DAYTON

**Sponsored By:**  
American Fitness Health & Wellness Institute  
(937) 275-3770

April 16, 2016

**Built To Win**

12:00pm-4:00pm  
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 7 GIRLS CLUB OF DAYTON  
1828 W. STEWART ST.-DAYTON

**Sponsored By:**  
Boys & Girls Club of Dayton  
(937)262-8377

April 16, 2016

**My Baby and Me**

11:00am-2:00pm  
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

**Sponsored By:**  
Wright State University  
(937) 775-4338

April 18, 2016

**Step Up to Diabetes**

10:00am-2:00pm  
Students will participate in a diabetes prevention program through interactive learning activities about healthy food and exercise.

JOHN HAY HIGH SCHOOL  
2075 STOKES BLVD.-CLEVELAND

**Sponsored By:**  
University Hospitals Case Medical Center  
(216) 970-9751

April 18, 2016

**"Getting Your Health in Order" Initiative**

6:00-8:00pm  
Session 3: Fitness-Strengthening Your Body. Participants will talk not just about the benefits of exercise but about how to get motivated and find movement they enjoy.

LIBERTY STREET APARTMENT RESIDENT COUNCIL OFFICE  
1550 LINN ST.-CINCINNATI

**Sponsored By:**  
The Union Foundation  
(513) 981-0421

*April 18, 2016*

**Fitness & Nutrition on Go**

6:00-8:00pm

The event will feature a dietitian who will host a discussion about nutrition (each adult will have his/her own food set-up station for personal hands-on meal preparation providing transference of knowledge of skills in action), and its relation to diseases, and then perform a hands on meal preparation. Fitness workshops (yoga, easy cardio exercises) will follow.

CHAGRIN FALLS PARK COMMUNITY CENTER  
7060 WOODLAND AVE.-CHARGIN FALLS

**Sponsored By:**  
Family & Community Services, Inc.  
(440) 247-6030

*April 19, 2016*

**Step Up to Diabetes**

10:00am-2:00pm

Students will participate in a diabetes prevention program through interactive learning activities about healthy food and exercise. .

CLEVELAND CENTRAL HIGH SCHOOL  
6550 BAXTER AVE.-CLEVELAND

**Sponsored By:**  
University Hospitals Case Medical Center  
(216) 970-9751

*April 19, 2016*

*Women's Free Mammogram & Pap Test*

4:00-6:00pm

This event will serve as the second annual free mammogram and pap test screening for minority women. Two to four doctors will provide physical exams and refer or provide follow up services for participants who require it. This event is free and opened to all.

FOURTH STREET HEALTH CENTER  
1 ROSS PARK, SUITE 202  
STEUBENVILLE

**Sponsored By:**  
Urban Mission Ministries  
(740) 282-8010

*April 19, 2016*

**Men's Free Prostate Screening**

**4:00-6:00pm**

*This is an annual event that is free to minority men. Two to four doctors will administer physical exams and refer or provide follow-up services for participants. This event is free and opened to the public.*

TONY TERAMANA CENTER  
3204 JOHNSON RD.-STEUBENVILLE

**Sponsored By:**  
Urban Mission Ministries  
(740) 282-8010

*April 19, 2016*

**Organ Donor Registration**

7:00am-4:00pm

This event will raise awareness about organ donor registration in the minority community. Free bus passes will be offered to new registrants or current registered organ donors. Individuals must show organ donor heart on state ID or drivers license to obtain free bus pass.

METRO TRANSIT CENTER  
631 S. BROADWAY ST.-AKRON

**Sponsored By:**  
Summit County Combined Health District  
(330) 926-5764

*April 19, 2016*

**MS and the African American Community**

1:00-3:30pm

A seminar on understanding, coping and living with the diagnosis of MS..

HITCHCOCK AUDITORIUM  
RENAISSANCE PLACE  
345 OAKHILL AVE.-YOUNGSTOWN

**Sponsored By:**  
Youngstown Office on Minority Health  
(330) 743-3333 Ext. 238

*April 20, 2016*

**Healthy Neighbors Awareness Day**

10:00am-2:00pm

Physicians will present short presentations on health topics. Cooking demonstrations will reinforce healthy eating messages and provide samples for participants to enjoy. Free health screenings will be conducted.

MERCY SENIOR WELLNESS CENTER  
545 INDIANA AVE.-TOLEDO

**Sponsored By:**  
Mercy Health  
(419) 251-2153

*April 20, 2016*

**Bone Marrow Registration**

7:00am-4:00pm

This event will raise awareness about bone marrow registration and increase bone marrow registrants in the minority community. Free bus passes will be offered to new registrants.

METRO TRANSIT CENTER  
631 S. BROADWAY ST.-AKRON

**Sponsored By:**  
Summit County Combined Health District  
(330) 926-5764

*April 20, 2016*

**Your Colon Health Matters**

9:00am-12:00pm

Participants will receive education on the symptoms, risk factors, prevention, early detection and screening of colorectal cancer. Qualified participants will receive a home screening kit for colorectal cancer.

MERCY SENIOR WELLNESS CENTER  
545 INDIANA AVE.-TOLEDO

**Sponsored By:**  
Lucas County Colorectal Cancer Coalition  
(419) 407-1187

*April 21, 2016*

**Children's Health Awareness Day**

1:30-3:30pm  
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, etc.

ACADEMY OF MULTICULTURAL  
IMMERSION STUDIES  
1908 SEYMOUR AVE.-CINCINNATI

**Sponsored By:**  
Santa Maria Community Services  
(513) 557-2700 Ext. 207

*April 21, 2016*

**Step Up to Diabetes**

10:00am-2:00pm  
Students will participate in a diabetes prevention program through interactive learning activities about healthy food and exercise.

SHAKER HEIGHTS HIGH SCHOOL  
15911 ALDERSYDE DR.-CLEVELAND

**Sponsored By:**  
University Hospitals Case Medical Center  
(216) 970-9751

*April 21, 2016*

**For Babies Sake, Let's Get Together**

9:00-11:00am  
An educational session regarding infant safe sleep practices, providing community residents with knowledge and skills to safeguard infant lives.

TRAIN UP A CHILD DAY CARE AND  
FAMILY CENTER  
910 W. MADISON ST.-SANDUSKY

**Sponsored By:**  
Erie County Health Department  
(419) 626-5623 Ext. 185

*April 21, 2016*

**Introduction to Fitness Training**

6:30-8:00pm  
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

**Sponsored By:**  
American Fitness Health & Wellness  
Institute  
(937) 275-3770

*April 22, 2016*

**Celebrity Chef Cook Off**

5:30-8:00pm  
Celebrity Chefs prepare foods we love to eat cooked in a healthier way during the forum. Samples of food prepared will be given to participants with recipes and preparation tips.

HARVARD COMMUNITY SERVICES  
CENTER  
18240 HARVARD AVE.-CLEVELAND

**Sponsored By:**  
Harvard Community Services Center  
(216) 991-8585

*April 22, 2016*

**"Some One Save My Life Tonight"**

2:00pm  
A play based on the life of Sal Perez, Senior Pastor at Victory Outreach Tucson and nationally acclaimed recording artist. A talk back will follow on the principles of recovery, healing and spirituality.

CUYAHOGA COUNTY COURT OF  
COMMON PLEAS  
9300 QUINCY AVE.-CLEVELAND

7:00pm  
COMMUNITY OF FAITH ASSEMBLY  
5949 ENGEL RD.-CLEVELAND

**Sponsored By:**  
Bureau of Drug Abuse, Cleveland Treatment Center  
(216) 861-4248

*April 23, 2016*

**My Baby and Me**

11:00am-2:00pm  
Wright State University propose 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 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

Wright State University  
(937) 775-4338

*April 23, 2016*

**Line Dance to Future Health**

1:00pm-4:00pm  
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

**Sponsored By:**  
YWCA DAYTON  
(937) 481-5550 Ext 131



*April 23, 2016*

**"Some One Save My Life Tonight"**

A play based on the life of Sal Perez, Senior Pastor at Victory Outreach Tucson and nationally acclaimed recording artist. A talk back will follow on the principles of recovery, healing and spirituality. A Public Awareness event will disseminate information on Cancer, Diabetes, Cardiovascular Diseases (primarily Hypertension), Infant Mortality, Substance Abuse, and Violence.

THE BREEN CENTER FOR THE PERFORMING ARTS  
2800 LORAIN AVE.-CLEVELAND

**Sponsored By:**  
Bureau of Drug Abuse, Cleveland Treatment Center, Inc.  
(216) 861-4246

*April 23, 2016*

**Understanding Sudden Infant Death Syndrome (SIDS)**

10:00am-12:00pm  
To increase the knowledge and awareness of Sudden Infant Death Syndrome (SIDS). The workshop will also focus on strategies for preventing SIDS.

TREE OF LIFE CONFERENCE CENTER  
5000 ARLINGTON CENTRE BLVD  
COLUMBUS

**Sponsored By:**  
Asian American Community Services  
(614) 220-4023 Ext. 224

*April 23, 2016*

**Health Fair/Prevention of Coronary Disease and Awareness of Diabetes**

Screening Tests: 9:00am-12:00pm  
Screening blood tests, blood pressure measurement, Q & A session with consulting physicians and medical lecture by Dr. Soon Park regarding Coronary surgery.

KOREAN CNETRAL PREBYTERIAN CHURCH  
8220 BRECKSVILLE RD.-BRECKSVILLE

**Sponsored By:**  
Korean Central Presbyterian Church  
(419) 202-0335

*April 24, 2016*

**Health Fair/Prevention of Coronary Disease and Awareness of Diabetes**

1:30-3:00pm  
Blood test screening, blood pressure measurement and Q/A session with consulting physicians.

KOREAN CENTRAL PRESBYTERIAN CHURCH  
8220 BRECKSVILLE RD.  
BRECKSVILLE

**Sponsored By:**  
Korean Central Presbyterian Church  
(419) 202-0335

*April 25, 2016*

**"Getting Your Health In Order" Initiative**

6:00-8:00pm  
Session 4: focus and friends-renewal and encouragement. Participants will be offered specific steps to improve their focus-the key to long-term sustainable change.

LIBERTY STREET APARTMENT RESIDENT COUNCIL OFFICE  
1550 LINN ST.-CINCINNATI

**Sponsored By:**  
The Union Foundation  
(513) 981-0421

*April 26, 2016*

**Senior Health Fair**

2:00-4:00pm  
Information tables from local health agencies will be on site to provide participants with health information and materials. blood pressure screenings will be provided for free, along with door prizes, healthy food samples, and entertainment. This event is free and open to the public.

GAYLORD TOWERS  
707 MARKET ST.-STEUBENVILLE

**Sponsored By:**  
Urban Mission Ministries

*April 27, 2016*

**Health Senior Expo**

8:00am-12:00pm  
Educate seniors on pertinent health issues amongst seniors in racial;/ethnic minority Communities. This event will include food demonstrations to promote healthy eating in minority communities and simple gardening for their meals. Health and fitness lectures will be provided throughout the day of the event.

UNIVERSITY PARK YMCA  
447E. MARKET ST.-AKRON

**Sponsored By:**  
Summit County Combined Health District  
(330) 926-5764

*April 27, 2016*

**Family Wellness Carnival**

4:00-7:00pm  
A fun, festive carnival atmosphere, interactive family event with activities that highlight how small daily changes make a big impact on improving overall health. Aerobic activities, informational health booths and more.

WILLARD HEAD START CENTER  
2220 WEST 95TH ST.-CLEVELAND

**Sponsored By:**  
Council for Economic Opportunities in Greater Cleveland  
(216) 696-9077

*April 27, 2016*

**Breast Health Education Outreach**

8:00am-3:30pm  
The YWCA Breast Health Program will provide two day education workshops on topics related to teens. These workshops will be offered to two area high schools which have a predominately minority student base.

WINTHROW INTERNATIONAL HIGH SCHOOL  
2488 MADISON RD.-CINCINNATI

**Sponsored By:**  
YWCA Of Greater Cincinnati  
(513) 361-2157

*April 27, 2016*

**Healthy Children, Healthy Life**

6:00-8:00pm  
 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-AUDITORIUM  
 141 W. THIRD ST.-DAYTON

**Sponsored By:**  
 YWCA DAYTON  
 (937) 461-5550 Ext. 131

*April 28, 2016*

**Family Health Fiesta**

3:00-5:00pm  
 Health awareness and disease promotion event with screenings, healthy snack demonstrations, physical activities and knowledge sessions targeting Hispanic-Latino and African American families, but open to all.

WE CARE WE SHARE  
 1888 E. 31ST ST.-LORAIN

**Sponsored By:**  
 Lorain City Health Department  
 (440) 204-2311

*April 28, 2016*

**Centering Women's Health Power Shower**

10:00am -12:00pm  
 3:00pm-5:00pm  
 A community education and resource session to emphasize that good preconception health leads to decreased risks for infant mortality. Stress reduction and fitness included.

WINMED-CITY WEST HEALTH CENTER  
 1019 LINN ST.-CINCINNATI

**Sponsored By:**  
 Winton Hill Medical and Health Center  
 (513) 233-7100

*April 28, 2016*

**Listen Up..It's Time to Talk Drug Prevention**

1:00-3:00pm  
 Mercy will offer a culturally and age appropriate, interactive education session to urban, parochial, middle school students. The program will address substance abuse awareness and intervention resources.

MERCY AUDITORIUM, MERCY HALL  
 MERCY MEDICAL CENTER  
 1320 MERCY DR.NW-CANTON

**Sponsored By:**  
 Mercy Medical Center  
 (330) 430-6986

*April 29, 2016*

**Mi Salud**

6:00-8:00pm  
 Mi Salud (My Health) workshop will talk about health related to Latinos specifically on diabetes and high cholesterol, but open to all.

MAYORES SENIOR CENTER  
 2 AURORA L. GONZALEZ-TOLEDO

**Sponsored By:**  
 Adelante Inc.  
 (419) 2544-8440 Ext. 219

*April 30, 2016*

**Community Health Walk**

10:00am-12:00pm  
 Annual Community Health Walk, 2 mile track in the park. Health information regarding exercise and diet. Participants will be provided water bottles and pedometers as an incentive.

METRO PARKS,  
 GARFIELD RESERVATIONS  
 11350 BROADWAY-GARFIELD HEIGHTS

**Sponsored By:**  
 William E. Sanders Family Life Center  
 (216) 214-8794

*April 30, 2016*

**Living Well With Diabetes**

10:00am-1:00pm  
 This seminar will focus on a comprehensive approach to diabetes management. Participants will be able to identify the different types of diabetes, understand how to check their blood sugar, identify related complications, and learn how to create a meal plan. All participants will be provided with a self-care workbook and other diabetic tools.

RADISSON AT THE UNIVERSITY OF TOLEDO  
 3100 GLENDALE AVE.-TOLEDO

**Sponsored By:**  
 Bread of Life Feeding Center  
 (419) 646-8586

*April 30, 2016*

**Home Cooking and Eating Right**

10:00am-3:00pm  
 Will include presentation on benefits of healthy home cooking, a cooking demo, interactive fitness demo, and screenings for blood pressure, BMI and body fat percentage.

ASIA TOWN CENTER  
 3820 SUPERIOR AVE.-CLEVELAND

**Sponsored By:**  
 Asian Service in Action. Inc.  
 (216) 881-0330 Ext. 8813

*April 30, 2016*

**Acknowledgment and Treatment of Mental Health Issues**

9:00am-2:30pm  
 This event will be a mini workshop to inform participants of the importance of recognizing and treatment of mental illness, especially depression related to grief and its' effects on the community.

ZION BAPTIST CHURCH  
 630 GLENWOOD AVE.-CINCINNATI

**Sponsored By:**  
 Zion Baptist Church  
 (513) 751-8608

*April 30, 2016*

*Children & Youth Health Fair*

10:00am-3:00pm

This event will target children and youth ages 1-17. Local pediatric and health agencies will be on site to provide parents and children with health information and materials. Children and Youth will be able to participate in fun health related activities and sample healthy foods. The focus of this health fair will be Michelle Obama's "Let's Move" initiative.

STEUBENVILLE YWCA 320 NORTH 4TH ST.-STEUBENVILLE

**Sponsored By:**  
Urban Mission Ministries  
(740) 282-8010

*April 30, 2016*

**Minority Health Workshops and Forums**

10:00am  
The Office of Minority Health at Columbus Public Health, workshops and forums are designed to engage the community in dialogue about their understanding of the importance of taking personal responsibility for their health and well being.

COLUMBUS PUBLIC HEALTH  
240 PARSONS AVE.-COLUMBUS

**Sponsored By:**  
Office of Minority Health at Columbus Public Health  
(614) 645-7335



**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.

*April 30, 2016*

**My Beautiful Baby Stroll In**

10:00am-2:00pm

A community forum to share information about infant mortality and maternal health, and provide free health screenings and information about community resources and health services.

DAKOTA CENTER  
33 BARNETT ST.-DAYTON

**Sponsored By:**  
Public Health Dayton & Montgomery County  
(937) 2235-4962

*April 30, 2016*

**Healthy Living Seminar**

11:30am-2:00pm

Three speaker on topics: Healthy Eating; Healthy Mind (Thinking) and Health Relationship. Dental Hygiene with Dr. Jackman of Ravenna Dental.

COMMUNITY OUTREACH POSITIVE ALTERNATIVE TRAINING (COPAT)  
241 JEFFERSON ST-RAVENNA

**Sponsored By:**  
Community Outreach Positive Alternative Training  
(330) 327-6554

*April 30, 2016*

**Understanding Liver Cancer and Other Cancer Disparities**

10:00am-12:00pm

To increase the knowledge and awareness of liver cancer and other cancer disparities in the community, we will have a panel discussion inviting national and local speakers. The workshop will also share the resources about the issue with participants.

TREE OF LIFE CONFERENCE CENTER  
5000 ARLINGTON CENTRE BLVD.  
COLUMBUS

**Sponsored By:**  
Asian American Community Services  
(614) 220-4023 Ext. 224

*April 30, 2016*

**We Tai Chi: Toledo-Lucas County**

1:00-2:30pm

This event will include tai chi demonstrations, mini-classes, music, raffles and free tai chi class sign-ups to commemorate Minority Health Month and World Tai Chi Day in Toledo's central city.

MONROE STREET NEIGHBORHOOD CENTER  
3613 MONROE ST.-TOLEDO

**Sponsored By:**  
Monroe Street Neighborhood Center  
(419) 473-1167

*April 30, 2016*

**Celebrate Baby's 1st**

12:00-3:00pm

A celebration of the first year of life for babies born in 2015! Games, gifts and plenty of resources for mom and baby.

ARLINGTON HEIGHTS RECREATIONAL CENTER  
810 OTIS ST.-YOUNGSTOWN

**Sponsored By:**  
Youngstown Office on Minority Health  
(330) 743-3333 Ext. 238

*April 30, 2016*

**A Celebration of Heritage and Life**

12:00-4:00pm

A celebration of Heritage and Life through the smells, tastes and sounds of culture.

THOMAS F. MCCAFFERTY HEALTH CENTER  
4242 LORAIN AVE.-CLEVELAND

**Sponsored By:**  
Cleveland Department of Public Health  
(216) 664-4176

# LOCAL OFFICES OF MINORITY HEALTH

## **Akron**

Summit County Office of Minority Health  
Summit County Health District  
1867 West Market St.  
Akron, Ohio 44313

Monique Harris, Director  
330-926-5764

## **Cleveland**

Cleveland Office of Minority Health  
Cleveland Department of Public  
Columbus Public Health  
240 Parsons Ave  
Columbus, Ohio 43215

Ryan E. Johnson, MPH  
Program Director  
614-645-7335

## **Columbus**

Columbus Office of Minority Health  
Columbus Public Health  
240 Parsons Ave  
Columbus, Ohio 43215

Ryan E. Johnson, MPH  
Program Director  
614-645-7335

## **Dayton**

Dayton Council on Health Equity  
Public Health-Dayton & Montgomery  
County  
117 South Main Street  
Dayton, Ohio 45422

Cheryl C. Scroggins  
Community Coordinator for Health Equity  
937-225-4962

## **Toledo**

Toledo Lucas County Commission  
on Minority Health  
Toledo-Lucas County Health  
Department  
635 North Erie Street  
Toledo, Ohio 43604

Celest Smith, Director  
419-213-2882

## **Youngstown**

Youngstown Office of Minority Health  
Youngstown City Health District  
345 Oak Hill Avenue, Suite 200  
Youngstown, Ohio 44502

Leigh Greene Colvin, Director  
330-743-3333 ext. 238

**2016 MINORITY HEALTH MONTH NATIONAL THEME:**

**ACCELERATING HEALTH EQUITY FOR THE NATION**



**ACCELERATING HEALTH  
EQUITY FOR THE NATION**  
National Minority Health Month 2016

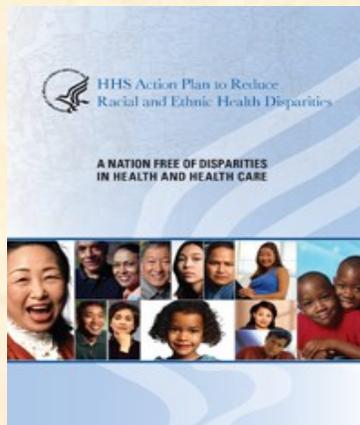
This year's national theme for Minority Health Month is  
"Accelerating Health Equity for the Nation".

This theme reflects OMH's continuous and collective efforts to increase momentum toward achieving a nation free of disparities in health and health care.

**A STATEWIDE CALL TO ACTION TO:  
PRACTICE THE ACTIVITIES AND PROGRAMS THAT AROSE FROM THE  
UNITED STATES HEALTH DEPARTMENT OF HEALTH AND HUMAN SERVICES  
ACTION**

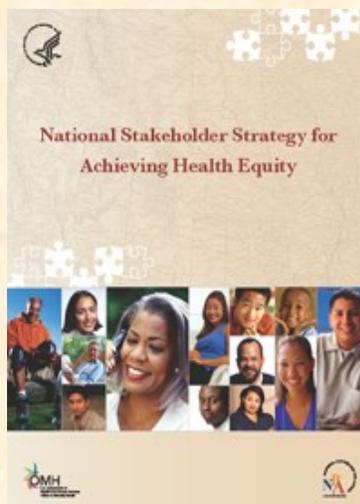
**PLAN TO REDUCE RACIAL AND ETHNIC DISPARITIES**

**[HTTP://MINORITYHEALTH.HHS.GOV/NPA/FILES/PLANS/HHS/  
HHS PLAN COMPLETE.PDF](http://minorityhealth.hhs.gov/npa/files/plans/hhs/hhs_plan_complete.pdf)**



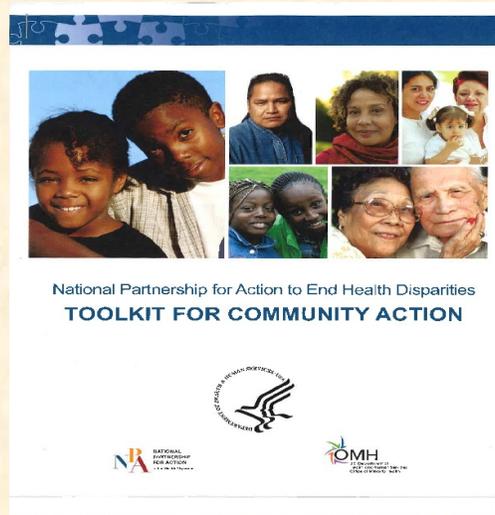
**AND THE  
NATIONAL STAKEHOLDERS STRATEGY FOR ACHIEVING HEALTH EQUITY**

**[HTTP://DHHS.NE.GOV/PUBLICHEALTH/DOCUMENTS/NATIONAL%  
20STAKEHOLDER%20STRATEGY.PDF](http://dhhs.ne.gov/publichealth/documents/national%20stakeholder%20strategy.pdf)**



**A STATEWIDE CALL TO ACTION TO:  
PRACTICE THE ACTIVITIES AND PROGRAMS THAT AROSE FROM THE  
[HTTP://MINORITYHEALTH.HHS.GOV/NPA/FILES/PLANS/TOOLKIT/  
NPA TOOLKIT.PDF](http://minorityhealth.hhs.gov/npa/files/plans/toolkit/NPA_Toolkit.pdf)**

**NATIONAL PARTNERSHIP FOR ACTION: TOOLKIT FOR  
COMMUNITY ACTION**



**AND THE  
OHIO HEALTH DISPARITIES COLLABORATIVE  
[HTTP://WWW.OHIOHEALTHDISPARITIESCOLLABORATIVE.ORG](http://www.ohiohealthdisparitiescollaborative.org)**



The 2016 Minority Health Calendar of Events was made possible through hours of timeless work from our distinguished grantees.  
We thank you so much.

Adelante, Inc.  
American Fitness Health & Wellness Institute  
Asian American Community Services  
Asian Resource Center  
Asian Services in Action, Inc.  
Boys & Girls Club of Dayton  
Bread of Life Feeding Center  
Bureau of Drug Abuse, Cleveland Treatment Center  
Cleveland Department of Public Health  
Columbus Public Health  
Community for New Direction  
Community Outreach Positive Alternative Training  
Council for Economic Opportunity in Greater Cleveland  
East Columbus Development Company  
Erie County Health Department  
Family and Community Services, Inc.  
Gus Johnson Community Foundation  
Harvard Community Services Center  
Korean Central Presbyterian Church  
Lorain City Health Department  
Lucas County Colorectal Cancer Coalition

Lucas County Regional Health District  
Making a Difference, Inc.  
Mercy Health  
Mercy Medical Center  
Monroe Street Neighborhood Center  
Ohio Commission on Hispanic/Latino Affairs  
Public Health – Dayton & Montgomery County  
Ross County Community Action Commission, Inc.  
Santa Maria Community Services  
Summit County Combined General Health District  
The Union Foundation  
The Waldrop Health and Youth Ministry  
University Hospitals Case Medical Center  
Urban Mission Ministries / NCDC  
William E Sanders Family Life Center  
Winton Hills Medical Center  
Wright State University  
YWCA of Dayton  
YWCA of Greater Cincinnati  
Youngstown City Health District  
Zion Baptist Church

# COMMISSION LEADERSHIP & STAFF

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Ohio Department of Health

Tiffany Richardson  
Ohio Department of Jobs and  
Family Services

Jamoya Cox, BA  
Ohio Department of Mental  
Health and Addiction Services

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Moseneice Thomas  
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Ohio Department of Education

Traci Bell-Thomas  
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*Program Specialist*

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*Executive Assistant*

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Meredith Ballinger  
*Senior - The Ohio State University*

Alexandria Wallace  
*Senior - Kent State University*

## **GRANT FUNDING OPPORTUNITY**

The Ohio Commission on Minority Health announces the availability of the Request for Proposals (RFP) for Minority Health Month 2017. The RFP outlining grant requirements and sign-up for technical assistance sessions will be available on our website on June 6, 2016 at [www.mih.ohio.gov](http://www.mih.ohio.gov) or contact the Ohio Commission on Minority Health in person at 77 South High Street, 18th Floor in Columbus, Ohio 43215 or by calling (614) 466-4000.

**The deadline for submission is 5:00 pm on July 22, 2016.**

# The Ohio Commission on Minority Health

*Good Health  
Begins With You!®*



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