



*Ohio Commission
On Minority Health*

**2013 MINORITY
HEALTH MONTH
CALENDAR OF EVENTS**
*a 30-day wellness
campaign*

**Good Health
Begins With You!®**



MINORITY HEALTH MONTH BACKGROUND 1989 - 2013

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.

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.

In 2000, MHM became a national celebration.

The five goals established for the month from inception remain valid today:

- 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.



March 28, 2013

Health Expo 2013

9:00am-1:30pm

Health information, screenings, and ethnic edutainment will be available.

77 S. HIGH STREET, 3RD FLOOR LOBBY-COLUMBUS

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

April 1, 2013

Oral Health Fair Day

8:00am-5:00pm

This event is designed to raise awareness about Oral Health in the refugee population in Summit County. We will distribute free toothbrushes, dental floss and toothpaste. Oral health/cancer screening, oral prophylaxis and referrals will also be offered.

INTERNATIONAL INSTITUTE OF AKRON
207 E. TALLMADGE AVENUE -STOW

Sponsored By: Summit County Combined General Health District
(330) 926-5650

April 1, 2013

The Key to Eliminating Health Disparities Among Minority Populations

9:00am-11:00am

The 2013 Minority Health Month Kick-off will feature a keynote presentation by Charles Modlin MD, MBA, FACS, a kidney transplant surgeon, Urologist and Executive Director of Minority Health for the Cleveland Clinic. He will discuss the importance of addressing health disparities in an effective and culturally-sensitive manner.

PUBLIC AUDITORIUM AND CONFERENCE CENTER OR TRI-C INSTITUTIONAL ADVANCEMENT BUILDING
500 LAKESIDE AVENUE CLEVELAND,

Sponsored By: Cleveland Department of Public Health-Cleveland Office of Minority Health
(216) 664-7414

Note: The times, dates and location 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 2, 2013

Got Consent? Art Contest

4:00pm-6:00pm

Area children will be given a presentation on healthy relationships and what "consent" means within those relationships. They will then express their feelings on these topics through an art contest, with the winners being published in the Akron beacon Journal.

YMCA FIRESTONE PARK
350 EAST WILBETH ROAD -AKRON

Sponsored By: Rape Crisis Center
(330) 724-1255

April 3, 2013

Teen Dating: Know the Risk

4:00pm-6:00pm

Learn to identify the signs and symptoms of teen dating violence and where to turn to for help.

ELYRIA BOYS AND GIRLS CLUB
1821 MIDDLE AVENUE-ELYRIA

Sponsored By: Elyria Club of NPBW
(440) 328-3226

April 4, 2013

W.O.W SERIES FOR MINORITY HEALTH MONTH

6:00pm-7:00pm

Devoted to measuring your weight loss goals and progress. The expected outcome: minimum of 10 lbs. lost in six weeks with a guidance on proper nutrition and exercise. WOW participants will also participate in the 21 Day Wellness Pledge.

AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE
1739 BURROUGHS DRIVE -DAYTON

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

April 5, 2013

Healthy YOU From People Who Know About YOU!

10:00am-2:00pm

This will be a fun-filled day of cooking demonstrations, physical activity and stress management classes featuring Dr. Linda Bradley, Professor of Surgery and Vice Chair of Obstetrics/Gynecology and Women's Health Institute at the Cleveland and her colleague Dr. Margaret McKenzie, Assistant Professor of Surgery and Head of the Women's Health Institute.

THE LANGSTON HUGHES EDUCATION CENTER
2390 E. 79TH STREET -CLEVELAND

Sponsored By: Cleveland Department of Public Health-Cleveland Office of Minority
(216) 664-7414

April 5, 2013

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

5:00pm-7:00pm

Provide educational information on the benefits of physical exercise and healthier food choices in which youth can participate at least 60 minutes each day that will help prevent a range of chronic diseases including hypertension and diabetes.

DAKOTA CENTER
33 BARNETT STREET-DAYTON

Sponsored By: Community Action Partnership of the Greater Dayton Area
(937) 341-5000 Ext 123

April 5, 2013

Winton Hills/Spring Grove area Roundtable

6:00pm-8:00pm

Stephanie Harris will lead a roundtable discussion focusing on outdoor community engagement for families.

WINSTON HILLS RECREATION CENTER
5170 WINNESTE AVENUE -CINCINNATI

Sponsored By: Cincinnati Health Department
(513) 357-7428

April 5, 2013

Es Su Vida: Concientizacion y Prevention de la Diabetes

6:00pm-9:00pm
 "It's Your Life: Diabetes Awareness and Prevention" will feature premier of a locally produced telenovela, along with a physician, and healthy food demonstration to promote diabetes awareness and prevention.

SOPHIA QUINTERA ARTS & CULTURAL CENTER
 1225 BROADWAY STREET -TOLEDO

Sponsored By: ProMedica Toledo Hospital
 (419) 291-5573

April 6, 2013

ASIAN HEALTHY DAY

7:30am-12:30pm
 Health Screening for blood pressure, cholesterol and glucose (10 hour fasting required by participants). Heel scan for osteoporosis, BMI and Oral Cancer/ Dental Screening will be available.

ASIAN SENIOR CENTER @ HIGHLAND
 1865 FINCH STREET TOLEDO

Sponsored By: Asian Resource Center
 (419) 936-2866

April 6, 2013

Community Garden Work Day

9:00am-11:00am
 How can you stay active and learn about eating healthy? Come help prepare and plant the Winton Hill/Spring Grove community garden for the upcoming year!

WINTON HILLS RECREATION CENTER
 5170 WINNESTE AVENUE -CINCINNATI

Sponsored By: Cincinnati Health Department
 (513) 357-7428

April 6, 2013

Minority Health Month Kickoff

9:00am-12:00pm
 The focus will be on encouraging exercise and finding more opportunities for physical activity. There will be a speaker on fitness and weight loss/management and a healthy exercise demonstration.

BETHLEHEM BAPTIST CHURCH
 1430 W. BANCROFT STREET -TOLEDO

Sponsored By: Lucas County Regional Health District
 (419) 213-4095

April 6, 2013

Health and Safety Fair

9:00am-3:00pm
 Health education presentations and screenings, specifically eye exams and blood pressure will be available.

GLENWOOD UNITED METHODIST
 2833 VALLEYVIEW DRIVE -COLUMBUS

Sponsored By: Ohio Hispanic Coalition
 (614) 840-9934

April 6, 2013

Community Diabetes Education and Self-Management Introduction

10:00am-12:00pm
 Asian American Community Diabetes Education and Self-Management introduction is a half a day interactive workshop training Asian Community leaders about how to prevent/improve diabetes. Diabetes Self-Management tools will be introduced too.

ASIAN AMERICAN COMMUNITY SERVICES (AACS) OFFICE
 4700 REFUGEE ROAD SUITE B-UPPER ARLINGTON

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

April 6, 2013

C.O.P.E. Health Fair

10:00am-2:00pm
 A health fair with local health education exhibitors will be held offering diabetes and high blood pressure screening and physical fitness demonstrations for youth and adults.

TRINITY BAPTIST CHURCH
 461 ST. CLAIR AVENUE -COLUMBUS

Sponsored By: Columbus Coalition of 100 Black Women, Inc.
 (614) 573-6917

April 6, 2013

21 Day Wellness Pledge for Minority Health Month

11:00am-1:00pm
 Commit to Health for at least 21 Days in April. You will commit to eating 5-9 servings of fruits and vegetables and exercise a minimum of 5 times per week. You will get a certificate of completion at the end of the 21 Days.

INSPIRATION CHURCH
 2900 PHILADELPHIA DRIVE -DAYTON

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

April 6, 2013

Prostate Cancer Among African American Males Luncheon

12:00pm-3:00pm
 Theme Prostate Cancer among African American males. Keynote speaker Dr. Donald Smith staff physician of the Sandusky Urology, Sandusky, OH. Topics will include awareness, early detection, and disease prevention.

AGAPE LOVE MINISTRIES
 4013 COLUMBUS AVENUE -SANDUSKY

Sponsored By: Agape Love Ministries Outreach DBA Agape Love Ministries Outreach
 (419) 624-0825

April 6, 2013

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

1:00pm-4:00pm
 Interactive exhibitions of traditional and non-traditional physical activities (such as drill teams, martial arts, sports, etc.) sampling of healthy snacks/meals and enrollment in community sponsored activities that will increase physical activity.

DAKOTA CENTER
 33 BARNETT STREET-DAYTON

Sponsored By: Community Action Partnership of the Greater Dayton Area
 (937) 341-5000

April 6, 2013

Improve your fitness with yoga

1:00pm-7:00pm
 Participants will learn about yoga and maintaining fitness to prevent heart disease and diabetes. Participants will be introduced the benefit of yoga and participate in the class. Participants will receive non-invasive bone density screening test.

DAYTON KOREAN GRACE CHURCH
 2661 HARSHMAN ROAD -SPRINGFIELD

Sponsored By: Dayton Area Korean Association
 (937) 284-3059



*April 7, 2013***Refresh and Take Time for Yourself**

12:30pm-3:00pm

We will have a guest speaker on motivation and how to reduce stress. Our Yoga Instructor will do chair massages and basic Yoga instruction. Low impact class on using the bands and pedometer in hopes of starting a walking club. Health screening will also be available.

GAINES UNITED METHODIST CHURCH
5707 MADISON ROAD -CINCINNATI

Sponsored By: Gaines United Methodist Church
(513) 381-8390

*April 9, 2013***Zumba**

11:00am

Certified Personal Trainers will provide an age appropriate Zumba workout.

MIFFLIN HIGH SCHOOL
3245 OAK SPRING STREET -COLUMBUS

Sponsored By: Columbus Area Mental Health Services
(614) 221-7790

*April 9, 2013***Elementary School Health Fair**

11:00am-1:00pm

Event targets children, preschool through sixth grade, who will visit information/activity stations of ten local agencies to learn about healthy lifestyles and disease prevention.

JAMES SINGER ACTIVITY CENTER
831 MATHEWS STREET -ZANESVILLE

Sponsored By: Zane State College Foundation
(740) 452-5463

*April 9, 2013***Nutrition and Healthy Relationships**

12:00pm

A registered Dietician/Licensed Dietician will educate youth participants on the Importance of nutrition for both the teen mothers and their children. In addition, Community Health and Life Skills Opportunities and Education (CHLOE, Inc.) will show teen mothers how to handle stressful situations related to their infants and their children.

MIFFLIN HIGH SCHOOL
3245 OAK SPRING STREET -COLUMBUS

Sponsored By: Columbus Area Mental Health Services
(614) 221 -7790 Ext 114

*April 9, 2013***Got Consent? Art Contest**

4:00pm-6:00pm

Are children will be given a presentation on healthy relationships and what "consent" means within those relationships. They will then express their feelings on these topics through an art contest, with the winners being published in the Akron beacon Journal.

YMCA VORIS
1885 GLENMOUNT AVENUE -AKRON

Sponsored By: Rape Crisis Center
(330) 690-9744

*April 9, 2013***Closing the Diabetes Gap**

5:30pm-7:00pm

45 minutes Yoga and Body Recall Routine. Hands-on portion control activities. Hands-on healthy eating sampling.

MERCY ST. ANNE HOSPITAL
3404 W. SYLVANIA AVENUE -TOLEDO

Sponsored By: Mercy St. Vincent Medical Center
(419) 251-2004

*April 9, 2013***5-A Day Kids**

7:00pm-9:00pm

Kids 5 A day program teaches children to develop healthy lifestyle by eating 5 fruits and vegetables daily and exercising 30 minutes.

FIRM FOUNDATION MINISTRY
241 JEFFERSON STREET -RAVENNA

Sponsored By: Community Outreach Positive Alternative (COPAT)
(330) 297-5933

*April 10, 2013***Blood Pressure Screenings**

9:00am-1:00pm

Blood pressure screenings will be provided by LPN's and RN's as well as referrals to individuals with elevated blood pressure. Participants will also be given information to prevent hypertension as well as management through healthy eating and appropriate exercise.

MURTIS TAYLOR HUMAN SERVICE SYSTEM FAMILY CENTER
13411 UNION AVENUE -CLEVELAND

Sponsored By: Murtis Taylor Human Services System
(216) 283-4400 Ext 2362

*April 10, 2013***Step up Diabetes: An Interactive education**

10:00am-12:00pm

This event is for youth ages 10-19 and is designed to provide education about diabetes as well as promote healthy living and exercise through interactive demonstrations and dance.

CLEVELAND CENTRAL CATHOLIC
6550 BAXTER AVENUE -CLEVELAND

Sponsored By: University Hospitals Case Medical Center
(216) 920-1205

*April 10, 2013***High School Health Expo**

10:00am-12:30pm

High School students interact with agencies at activity stations and breakout sessions to learn about ways to make changes to prevent certain diseases/disorders.

ZANE STATE COLLEGE
1555 NEWARK ROAD -ZANESVILLE

Sponsored By: Zane State College Foundation
(740) 588-4113

*April 10, 2013***Million Hearts Cardiovascular Health Class**

12:00pm-1:00pm

A health class about local health data, health disparities and cardiovascular health featuring a speaker and educational material from the Million Hearts campaign.

SOUTH COMMUNITY BEHAVIORAL HEALTHCARE
3095 KETTERING BOULEVARD-DAYTON

Sponsored By: Public Health-Dayton & Montgomery County
(937) 225-4962

*April 10, 2013***One day for your health**

1:00pm-5:00pm

Blood pressure and HIV testing will be available.

SAN MARCOS SUPERMARKET
235 BROADWAY STREET -TOLEDO

Sponsored By: Nuestra Gente Community Projects, Inc.
(419) 283-0581

*April 10, 2013***The REAL Deal About Stress**

4:00pm-5:30pm

Workshop to promote healthy coping skills for youth to deal with stress by teaching them how to identify emotions, stressors and stress and learn model strategies to combat stress.

JOY PARK HOMES AKRON METROPOLITAN HOUSING AUTHORITY
524 Fuller Avenue -AKRON

Sponsored By: Mental Health America of Summit County
(330) 923-0688

*April 10, 2013***Healthy Lifestyle for Matured Adults**

4:00pm-6:30pm

This event will be a forum discussion and activities to assist the matured adult in making good choices to obtain and maintain good health.

ZION BAPTIST CHURCH
630 GLENWOOD AVENUE -CINCINNATI

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

*April 10, 2013***Teen C.O.R.E.: Carrying On Responsible Eating**

6:00pm-8:00pm

Teen involved in Youth to Youth along with their friends prepare healthy recipes! Come taste something you might not have tried before and figure out how YOU can eat more responsibly by cooking it yourself.

YOUTH TO YOUTH BUILDING
1420 FIELDS AVENUE -COLUMBUS

Sponsored By: Youth to Youth/
CompDrug
(614) 224-4506

*April 11, 2013***What is Public Health?**

8:00am-3:00pm

The community will be enlightened on Public Health and how Minority Health issues can be addressed through the Public Health Model.

YOUNGSTOWN CITY HEALTH DISTRICT
345 OAK HILL AVENUE -YOUNGSTOWN

Sponsored By: Youngstown City Health District
(330) 743-3333 Ext 238

*April 11, 2013***Screen Children Birth-Six: Development, Hearing, Vision, & Mental Health**

8:00am-5:00pm

ECRN+ will hold a community screening targeting an area that serves high number of Somali families.

SOUTH PARK
841 GREENFIELD DRIVE -COLUMBUS

Sponsored By: YMCA of Central Ohio
(614) 207-5050

*April 11, 2013***Step up to Diabetes: An Interactive education**

10:00am-12:00pm

This event is for youth ages 10-19 and is designed to provide education about diabetes as well as promote healthy living and exercise through interactive demonstrations and dance.

MICHAEL R WHITE STEM
1000 EAST 92ND STREET -CLEVELAND

Sponsored By: University Hospitals
Case Medical Center
(216) 451-7013

*April 11, 2013***The REAL Deal About Stress**

4:00pm-5:30pm

Workshop to promote healthy coping skills for youth to deal with stress by teaching them how to identify emotions, stressors and stress and learn model strategies to combat stress.

JOY PARK HOMES AKRON METROPOLITAN HOUSING AUTHORITY
524 FULLER AVENUE -AKRON

Sponsored By: Mental Health America of Summit County
(330) 923-0688

*April 11, 2013***Music is the Weapon**

4:00pm-6:30pm

To teach children in grades 4-12 creative song writing as an alternative to violence.

YMCA Warren
375 North Park Avenue -WARREN

Sponsored By: YMCA Warren
(330) 373-1010

*April 11, 2013***W.O.W SERIES FOR MINORITY HEALTH MONTH**

6:00-7:00pm

Devoted to measuring your weight loss goals and progress. The expected outcome: minimum of 10 lbs. lost in six weeks with a guidance on proper nutrition and exercise. WOW participants will also participate in the 21 Day Wellness Pledge.

AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE
1739 BURROUGHS DRIVE-DAYTON

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

*April 12, 2013***Join Our Health Mission at Barnett Plaza Health Navigators**

9:00am-1:00pm

Health screenings, Reflexology exercise classes will be offered. Educational workshops on health and community resource information will be available.

BARNETT PLAZA
1400 BARNETT ROAD -COLUMBUS

Sponsored By: East Columbus Development Company, Inc.
(614) 235-4320 or (614) 372 0884

*April 12, 2013***Step up to Diabetes: An Interactive education**

10:00am-12:00pm

This event is for youth ages 10-19 and is designed to provide education about diabetes as well as promote healthy living and exercise through interactive demonstrations and dance.

JOHN HAY
2075 STOKES BOULEVARD - CLEVELAND

Sponsored By: University Hospitals
Case Medical Center
(216) 229-0070

Note: The times, dates and location 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 12, 2013

CAR (Columbus Area Rescue) on Obesity Project 2013

12:30pm-3:00pm

The elementary school students will participate in 3 exciting fun packed activities teaching nutrition and physical activity. The student will receive age appropriate materials.

WOODCREST ELEMENTARY SCHOOL
5321 EAST LIVINGSTON AVENUE -
COLUMBUS

Sponsored By: Otterbein University
(614) 823-3535

April 12, 2013

Technique to Improve Health Outcomes with Patients: What works?

2:00pm-4:30pm

This seminar will educate healthcare professionals on technique to maximize time spent with renal patients and focus on improving health literacy (hypertension and diabetes management), addressing mental health and navigating resources.

KIDNEY FOUNDATION OF OHIO OFFICE
2831 PROSPECT AVENUE -CLEVELAND

Sponsored By: Kidney Foundation of Ohio, Inc.
(216) 771-2700

April 13, 2013

Asian Health Day

7:30am-12:30pm

Health screening for blood pressure, cholesterol, and glucose (10 hour fasting required by participants). Heel scan for osteoporosis, BMI, and Oral Cancer/Dental Screening will be available.

ALL NATIONS COMMUNITY CHURCH
5260 HILL AVENUE -TOLEDO

Sponsored By: Asian Resource Center
(419) 535-5553

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April 13, 2013

Columbus Office of Minority Health Workshops

10:00am

The Columbus Health Office of Minority Health Workshop is designed to engage the community in dialogue about their understanding of the importance of taking personal responsibility for their health and wellbeing. The workshops (consumer empowerment and men's health) provide resources that can help individuals make a difference in their health encounter with a healthcare professional and their health outcome.

COLUMBUS PUBLIC HEALTH
240 PARSONS AVENUE -COLUMBUS

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

April 13, 2013

Steps to a Healthier You

10:30am-2:00pm

Small group breakout sessions with nutritionists, nurse, physical therapist to help outline health steps to take in making and maintaining healthy lifestyle choices.

REED MEMORIAL LIBRARY
167 EAST MAIN STREET -RAVENNA

Sponsored By: Community Outreach Positive Alternative Training (COPAT)
(330) 297-5933 or (330) 327-6554

April 13, 2013

Think Pink: Be the Cure!

11:00am-1:00pm

Mercy Medical Center will offer a quality, interactive breast health outreach program to the residents located in Northeast Canton. The goals will be to address breast health disparities through awareness and education and increase access to quality breast health care for those residing in minority communities. The program will be innovative, interactive, and culturally appropriate utilizing Mercy's established ANGEL network. The key message of the effort will be: 1. Know your risk; 2. Get Mammograms and Breast Exams; 3. Notices Changes to Your Breasts; 4. Live Right to Stay Healthy.

MERCY PRIMARY CARE AT SAINT PAUL SQUARE (MEDICAL HOME)
1459 Superior Avenue -CANTON

Sponsored By: Mercy Medical Center
(330) 489-1000

April 13, 2013

"Spring Into Health 2013"

12:00pm-3:00pm

Youth ages 8-14 will learn about healthy eating, bullying/safety and physical activity to help combat obesity. The event will also feature an educational presentation by Library staff.

CHILLICOTHE AND ROSS PUBLIC LIBRARY ANNEX
146 SOUTH PAINT STREET -
CHILLICOTHE

Sponsored By: Ross County Community Action Commission, Inc.

(740) 702-4160

April 13, 2013

C.O.P.E Health Education Forum

12:00pm-4:00pm

A community health education forum featuring speakers on nutrition, physical fitness, diabetes and cardiovascular diseases.

TRINITY BAPTIST CHURCH
461 SAINT CLAIR AVENUE -COLUMBUS

Sponsored By: Columbus Coalition of 100 Black Women, Inc.
(614) 258-9583

April 13, 2013

Diabetes Screening

1:30pm-4:30pm

Nurses from Promedica will conduct free diabetes screening and diabetes prevention education. Self-care education will also be provided.

SAN MARCOS TAQUERIA & GROCERY
235 BROADWAY STREET -TOLEDO

Sponsored By: Promedica Toledo Hospital
(419) 291-5573

April 14, 2013

Salaam Cleveland Health Fair

11:00am-3:00pm

This event will share information on diabetes symptoms, statistics and risk factors as well as share ways to prevent this growing disease. We will review how to make ethnic food healthy and provide general health screenings.

FIRST CLEVELAND MOSQUE
3613 EAST 131ST STREET-CLEVELAND

Sponsored By: Salaam Cleveland
(440) 463-6076

April 15, 2013

Asian Health Day

12:45pm-1:45pm

A representation on bone cancer-symptoms, treatment, and survival rate.

ASIAN SENIOR CENTER AT HIGHLAND PARK SHELTER HOSE
1865 FINCH STREET -TOLEDO

Sponsored By: Asian Resource Center
(419) 936 2866

April 16, 2013

Zumba

11:00am

Certified Personal Trainers will provide an age appropriate Zumba workout with the target population at Brookhaven High School. The session will be 40 minutes in length. Youth participants will learn easy-to-follow moves to create fun, stress reducing, calorie burning, body energizing work out moves they can incorporate at home for themselves and their children.

BROOKHAVEN HIGH SCHOOL
4077 KARL ROAD -COLUMBUS

Sponsored By: Sponsored By: Columbus Area Mental Health Services
(614) 365-5985

April 16, 2013

Nutrition and Health Relationships

12:00pm

A registered Dietician/Licensed Dietician will educate youth participants on the importance of nutrition for both the teen Mom and her children. An LSW/MSW will engage youth participants in an interactive session discussing how healthy relationships are imperative for the health and well-being of them and their children.

LIFE SKILLS NORTH
1900 E. DUBLIN-GRANVILLE ROAD - COLUMBUS

Sponsored By: Columbus Area Mental Health Services
(614) 891-9041

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April 16, 2013

CAR (Columbus Area Rescue) on Obesity Project 2013

12:30am-3:00pm

The elementary school students will participate in 3 exciting fun packed activities teaching nutrition and physical activity. The student will receive age appropriate materials.

COLUMBUS AFROCENTRIC COLLEGE ELEMENTARY SCHOOL
300 EAST LIVINGSTON AVENUE - COLUMBUS

Sponsored By: Otterbein University
(614) 823-3535

April 16, 2013

5-A Day Kids

2:00pm

Kids 5 A day program teaches children to develop healthy lifestyle by eating 5 fruits and vegetables daily and exercising 30 minutes.

WEST MAIN ELEMENTARY
639 WEST MAIN STREET-RAVENNA

Sponsored By: Community Outreach Positive Alternative Training (COPAT)
(330) 296-6522

April 16, 2013

3rd Annual Measure & Munch Diabetes Education Program

5:30pm-7:00pm

Hands-on portion control activities. Cooking demonstration. Hands-on healthy eating sampling. Healthy recipes and cook book will be provided.

Mercy St. Anne Hospital
3404 W. Sylvania Avenue -TOLEDO

Sponsored By: Mercy St. Vincent Medical Center
(419) 251-2004

April 17, 2013

SCPH Office of Minority Health Organ Donor Education & Registration

7:00am-6:00pm

This event will raise awareness about organ donation and increase donor registration in the minority community. Free bus tickets will be offered in exchange for organ donor registration or display of the donor heart symbol on your driver's license or State ID.

METRO TRANSIT MAIN TERMINAL
631 SOUTH BROADWAY AVENUE-STOW

Sponsored By: Summit County Combined General Health District, Office of Minority Health
(330) 926-5650

April 17, 2013

Step Up to Diabetes

10:00am-1:00pm

This event for the youths ages 10-19 is designed to provide education about diabetes as well promote healthy living and exercise through interactive demonstrations and dance.

CLEVELAND CENTRAL CATHOLIC
6550 BAXTER AVENUE -CLEVELAND

Sponsored By: University Hospitals Case Medical Center
(216) 920-1205

April 17, 2013

Million Hearts Cardiovascular Health Class

12:00pm-1:00pm

A health class about local health data, health disparities and cardiovascular health featuring a speaker and educational material from the Million Hearts campaign and American Heart Association.

YMCA
111 WEST FIRST STREET SUITE 207- DAYTON

Sponsored By: Public Health-Dayton & Montgomery County and the American Heart Association
(937) 225-4962

April 17, 2013

Think Pink: Be the Cure!

1:00pm-3:00pm

Mercy Medical Center will offer a quality, interactive breast health outreach program to the residents located in the vicinity of the hospital's medical home located in the heart of minority at-risk population in the Northeast Canton. The goals will be to address breast health disparities through awareness and education and increase access to quality breast health care for those residing in minority communities. The program will be innovative, interactive, and culturally appropriate utilizing Mercy's established ANGEL network. The key message of the effort will be: 1 Know your risk; 2. Get Mammograms and Breast Exams; 3. Notices Changes to Your Breasts; 4. Live Right to Stay Healthy.

SKYLINE TERRACE APARTMENTS
635 ALAN PAGE DRIVE SE -CANTON

Sponsored By: Mercy Medical Center
(330) 456-7237

*April 17, 2013***Saying No Is Possible: Education About Substance Abuse & Violence**

3:30pm-5:30pm

This event will discuss effects of substance abuse and violence on youth. Counselors will provide information on substance abuse and violence. The event will also feature demonstration on self-defense techniques and a team-building session by Harambee group.

CHANEY HIGH SCHOOL

731 SOUTH HAZELWOOD AVENUE - YOUNGSTOWN

Sponsored By: YWCA of Youngstown (330) 746-6361

*April 17, 2013***Health Matters: Know Your Numbers**

5:00pm-8:00pm

An interactive, fun-filled, family event that will provide participants with ideas on how to make small changes that can have a big impact on their overall health. The event will feature health-focused display booths, workshops, and live demonstrations.

LOUIS STOKES HEAD START CENTER

4075 EAST 173RD STREET -CLEVELAND

Sponsored By: Council for Economic Opportunities in greater Cleveland (216) 295-2700

*April 18, 2013***SCPH Office of Minority Health Organ Donor Education & Registration**

7:00am-6:00pm

This event will raise awareness about organ donation and increase donor registration in the minority community. Free bus tickets will be offered in exchange for organ donor registration or display of the donor heart symbol on your driver's license or State ID.

METRO TRANSIT MAIN TERMINAL

631 SOUTH BROADWAY AVENUE-STOW

Sponsored By: Summit County Combined General Health District, Office of Minority Health (330) 926-5650

*April 18, 2013***Step up Diabetes**

10:00am-1:00pm

This event for the youths ages 10-19 is designed to provide education about diabetes as well promote healthy living and exercise through interactive demonstrations and dance.

MICHAEL R WHITE STEM

1000 EAST 92ND STREET -CLEVELAND

Sponsored By: University Hospitals Case Medical Center (216) 451-7013

*April 18, 2013***W.O.W SERIES FOR MINORITY HEALTH MONTH**

6:00-7:00pm

Devoted to measuring your weight loss goals and progress. The expected outcome: minimum of 10 lbs. lost in six weeks with a guidance on proper nutrition and exercise. WOW participants will also participate in the 21 Day Wellness Pledge.

AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE

1739 BURROUGHS DRIVE -DAYTON

Sponsored By: American Fitness health & wellness Institute (937) 275-3770

*April 18, 2013***MHR Health Fair and Farmer's Market**

6:00pm-8:00pm

A mini-health fair and farmer's market. Program will feature a healthy cooking demonstration, blood pressure checks, health information, community garden program and demonstration and door prizes.

MIKE'S LITTLE MARKET

187 IRA AVENUE -AKRON

Sponsored By: Minority Health Roundtable-Akron Regional Hospital Foundation (330) 535-6358

*April 19, 2013***Join Our Health Mission at Barnett Plaza-Tender Health Care**

9:00am-1:00pm

Surveys and Health Screenings performed Reflexology classes and exercises. Educational workshops on health and resourcee and Nutritional juicing.

BARNETT PLAZA

1400 BARNETT ROAD -COLUMBUS

Sponsored By: East Columbus Development Company, Inc. (614) 235-4320 or (614) 372 0884

*April 19, 2013***Faithful and Fit**

11:00am-1:00pm

Health care professionals will provide presentation on heart disease prevention, nutrition and fitness for African American women.

FIRST CHURCH OF GOD

3480 REFUGEE ROAD -COLUMBUS

Sponsored By: City of Refuge Point of Impact (614) 338-8338

*April 19, 2013***Understanding Connection Between Mental Health, Substance Abuse & Violence**

5:30pm-8:00pm

Interactive 2-1/2 Hour workshop where attendees will increase their knowledge about the connection between mental health disorders and substance abuse disorders and how these behaviors impacts violence in our community.

CARL LINDNER YMCA

1425 LINN STREET -CINNATI

Sponsored By: Cincinnati Human Relations Commission (513) 241-9622

*April 19, 2013***Step Up to Diabetes**

10:00am-1:00pm

This event for the youths ages 10-19 is designed to provide education about diabetes as well promote healthy living and exercise through interactive demonstrations and dance.

JOHN HAY

2075 STOKES BOULEVARD -CLEVELAND

Sponsored By: University Hospitals Case Medical Center (216) 229-0070

*April 19, 2013***Hats Off to Health**

11:00am-1:00pm

Health care professionals will discuss diabetes and cardiovascular disease. Senior adults will participate in a fashion show.

FIRST CHURCH OF GOD

3480 REFUGEE ROAD -COLUMBUS

Sponsored By: City of Refuge Point of Impact (614) 338-8338

*April 20, 2013***Men's Health Breakfast**

9:00am-12:00pm

Man to Man... Serious Talk About Prostate Cancer.

MT. CARMEL COMMUNITY BAPTIST CHURCH

708 NORTH 5TH STREET -STEUBENVILLE

Sponsored By: Urban Mission Ministries/ NCDC (740) 282-9257

April 20, 2013

Faithful and Fit

9:00am-2:00pm

Health care professionals will provide presentation on heart disease prevention, nutrition and fitness for African American women.

FIRST CHURCH OF GOD
3480 REFUGEE ROAD -COLUMBUS

Sponsored By: City of Refuge Point of Impact
(614) 338-8338

April 20, 2013

Columbus Office of Minority Health Workshops

10:00am

The Columbus Health Office of Minority Health Workshop is designed to engage the community in dialogue about their understanding of the importance of taking personal responsibility for their health and wellbeing. The workshops (consumer empowerment and men's health) provide resources that can help individuals make a difference in their health encounter with a healthcare professional and their health outcome.

COLUMBUS PUBLIC HEALTH
240 PARSONS AVENUE -COLUMBUS

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

April 20, 2013

Mental Health Issues in the Minority Community

10:00am-12:00pm

The program will address mental health issues in the community, provide an explanation of what mental health is, how to remove barriers in order to seek treatment, where to seek treatment and common myths about mental health.

YWCA WARREN
375 NORTH PARK AVENUE -WARREN

Sponsored By: YWCA Warren
(330) 373-1010

April 20, 2013

Minority Health Fair

10:00am-3:00pm

Breakout sessions will include presentations on "Infant Mortality" presented by Dr. Penora Jones, MD, OB/GYN. "Food demonstrations" conducted by Registered Dietician, Connie Kendricks, demonstrating food preparation for those living with diabetes.

AGAPE LOVE MINISTRIES
4013 COLUMBUS AVENUE -SANDUSKY

Sponsored By: Agape Love Ministries DBA Agape Love Ministries Outreach
(419) 624-0825

April 20, 2013

SCAO Youth Day Diabetes Prevention Program

10:00am-5:00pm

The purpose of this event is to teach youth ages 12 to 18 basic self-care habits especially nutritional awareness and physical fitness. Activities include: food demonstrations, preventive health education, age appropriate sports program/games.

COFFEE NAZIONALE
3350 CLEVELAND AVENUE -COLUMBUS

Sponsored By: Somali Community Association of Ohio
(614) 377-9297

April 20, 2013

Choosing a Healthy Lifestyle

10:00am-2:00pm

The health fair will feature diabetes, blood pressure, HIV/AIDS and vision screenings men and women health discussions, activities for youth and nutritional and cooking activities will be included.

ZION BAPTIST CHURCH
630 GLENWOOD AVENUE -CINCINNATI

Sponsored By: Zion Baptist Church
(513) 751-8608 Ext. 14

April 20, 2013

Understanding Connection Between Mental Health, Substance Abuse & Violence

10:00am-3:00pm

Interactive 5-Hour workshop where attendees will learn about the risk factors that contributes to the increase of violent behaviors when mental health disorders exist. A panel discussion will be presented that will include personal experiences.

CARL LINDNER YMCA
1425 LINN STREET -CINCINNATI

Sponsored By: Cincinnati Human Relations Commission
(513) 241-9622

April 20, 2013

Cooking for a Healthier Lifestyle

11:00am-2:00pm

Learn how to cook healthier and more economical. This will be a hands on demonstration with lecture. Taste the samples of the demo. We will test your knowledge with quizzes and reward you with incentives. So brush up on your knowledge of healthy fats and aromatics and herbs.

GAINES UNITED METHODIST CHURCH
5707 MADISON ROAD -CINCINNATI

Sponsored By: Gaines United Methodist Church
(513) 381-8390

April 21, 2013

Children's Health Day

11:00am-2:00pm

Learn how to be prepared in case of an emergency at Children's Health Day. Learn CPR and basic first aid. Have fun learning about healthy eating and good hygiene.

MASJID RASOOL-ULLAH
9400 DETROIT AVENUE -CLEVELAND

Sponsored By: Salaam Cleveland
(617) 835-9227

April 22, 2013

Get Fit: Mind, Body and Spirit!

10:30am-11:00am

Physical activity can help prevent and manage diabetes. All fitness levels are welcome!

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE -CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 22, 2013

Get Fit: Mind, Body and Spirit!

11:00am-12:00pm

Music Therapy for Wellness.

Summary: Learn how music can be used to lower stress and for chronic illness pain/management.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE-CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 23, 2013

Get Fit: Mind, Body and Spirit!

10:30am-11:30am

Tai Chi and other exercises can aid in managing and preventing heart disease. This is a nice gentle exercise that's great for all fitness levels. All fitness levels welcome.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE -CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 23, 2013

Prostate Cancer Screening

4:30pm-6:30pm
Men will receive blood test and physical exam. Registration required.

TONY TERAMANA CANCER CENTER
3200 JOHNSON ROAD -STEUBENVILLE

Sponsored By: Urban Mission Ministries
(740) 264-8700

April 23, 2013

Zumba

11:00am
Certified Personal Trainers will provide an age appropriate Zumba workout with the target population at West High School. The session will be 40 minutes in length. Youth participants will learn easy-to-follow moves to create fun, stress reducing, calorie burning, body energizing work out moves they can incorporate at home for themselves and their children.

WEST HIGH SCHOOL
179 SOUTH POWELL AVENUE -COLUMBUS

Sponsored By: Columbus Area Mental Health Services
(614) 365-5956

April 23, 2013

Nutrition and Healthy Relationships

12:00pm
A registered Dietician/Licensed Dietician will educate youth participants on the Importance of nutrition for both the teen mothers and their children. In addition, Community Health and Life Skills Opportunities and Education (CHLOE, Inc.) will be engaged to support this initiative by showing teen mothers how to handle stressful situations related to their infants and their children.

WEST HIGH SCHOOL
179 SOUTH POWELL AVENUE -COLUMBUS

Sponsored By: Columbus Area Mental Health Services
(614) 365-5956

April 23, 2013

Annual Cleveland Clinic Minority Men's Health Fair

12:00pm-2:00pm
This event is designed to provide patient education on the prevention of diabetes, hypertension, and prostate cancer.

CLEVELAND CLINIC: STEPHANIE TUBBS JONES FAMILY HEALTH CENTER

13944 EUCLID AVENUE EAST -CLEVELAND
Sponsored By: Cleveland Clinic
(216) 256-6412

April 23, 2013

The REAL Deal About Stress

3:00pm-5:00pm
Workshop to promote healthy coping skills for youth to deal with stress by teaching them how to identify emotions, stressors and stress and learn model strategies to combat stress.

BOYS AND GIRLS CLUB OF THE WESTERN RESERVE ELLER CLUB
550 SOUTH ARLINGTON STREET -AKRON

Sponsored By: Mental Health America of Summit County
(330) 923-0688

April 24, 2013

Free Mammograms

9:00am-3:00pm
University Hospitals and Imaging Network will provide a mobile unit to perform mammography screenings. In addition anyone receiving a diagnosis will receive a referral for both health coverage as well as care, if necessary.

MURTIS TAYLOR HUMAN SERVICES SYSTEM FAMILY CENTER
13411 UNION AVENUE -CLEVELAND

Sponsored By: Murtis Taylor Human Services System
(216) 283-4400 Ext 2362

April 24, 2013

Information, Education and Empowerment Conference for Men

09:30am-1:30pm
Well respected community professionals will present information on prostate screenings, preventive health services for men, fitness and nutrition demonstrations.

YOUNGSTOWN CITY HEALTH DISTRICT
345 OAK HILL AVENUE -YOUNGSTOWN

Sponsored By: Youngstown City Health District
(330) 743 3333 Ext 238

April 24, 2013

Get Fit: Mind, Body and Spirit

10:00am-11:00am
Are you tired? Do you have a lot going on? Come learn ways of relaxing and releasing stress through a variety of ways; many are lots of fun.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE -CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 24, 2013

Get Fit: Mind, Body and Spirit

11:00am-11:30am
Physical activity can help prevent and manage heart disease. All fitness levels are welcome.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE -CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 24, 2013

Saying No is Possible: Education About Substance Abuse & Violence

3:30pm-5:30pm
This event will discuss effects of substance abuse and violence on youth. Counselors will provide information on substance abuse and violence. The event will also feature demonstration on Self-defense techniques and a team-building session by Harambee group.

CHANEY HIGH SCHOOL
731 SOUTH HAZELWOOD AVENUE - YOUNGSTOWN

Sponsored By: YWCA of Youngstown
(330) 746-6361

April 24, 2013

Health Matters: Know Your Numbers

5:00pm-8:00pm
An interactive fun-filled family event that will provide participants with ideas on how to make small changes that can have a big impact on their overall health. The event will feature health-focused display booths, workshops and live demonstrations.

WILLARD HEAD START CENTER
2220 WEST 95TH STREET - CLEVELAND

Sponsored By: Council for ECONOMIC Opportunities in Greater Cleveland
(216) 651-5154



April 24, 2013

Substance Abuse: Selling Prescription Medication-The New Epidemic!

5:30pm-7:00pm

To inform the public about the effects of illicit and prescription drugs on the body, to recognize the symptoms and where to go for help.

ELYRIA YWCA
318 WEST AVENUE -ELYRIA

Sponsored By: Elyria Club of NBPW
(440) 989-4933

April 24, 2013

Teen C.O.R.E

6:00pm-8:30pm

Youth to Youth teens host Hip-Hop Fitness Instructor, Mike Nicholson for a great night of music and dance...so fun you won't even think you are exercising!

YOUTH TO YOUTH BUILDING
1420 FIELDS AVENUE -COLUMBUS

Sponsored By: Youth to Youth/CompDrug
(614) 224-4506

April 25, 2013

Screen Children Birth-Six: development, hearing, vision & mental health

9:00am-6:00pm

ECRN+ will hold a community screening targeting area that serves a high number of African American children and families. We will work with Central Community House's Child Care Center to reach out to families they serve as well as other families in the area.

GOLDMAN GUILD
303 EAST SIXTH AVENUE -COLUMBUS

Sponsored By: YMCA of Central Ohio
(614) 543-9000

April 25, 2013

Get Fit: Mind, Body and Spirit!

10:00am-11:00am

Line Dance

Join us to learn some of the latest line dances. This is a great way to get moving and have fun.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE-CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 25, 2013

Get Fit: Mind, Body and Spirit!

11:00am-12:30pm

Relax with a 10-minute upper body massage. First come first served.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE -CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 25, 2013

11th Annual Cleveland Clinic Minority Men's Health Fair

5:00pm-9:00pm

The Cleveland Clinic Minority Health event is designed to prevent chronic disease and improve access to health care services.

CLEVELAND CLINIC-MAIN CAMPUS-GLICKMAN TOWER
9500 EUCLID AVENUE -CLEVELAND

Sponsored By: Cleveland Clinic
(216) 256-6412

April 25, 2013

W.O.W SERIES FOR MINORITY HEALTH MONTH

6:00-7:00pm

Devoted to measuring your weight loss goals and progress. The expected outcome: minimum of 10 lbs. lost in six weeks with a guidance on proper nutrition and exercise. WOW participants will also participate in the 21 Day Wellness Pledge.

AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE
1739 BURROUGHS DRIVE -DAYTON

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

April 25, 2013

Faithful and Fit

6:00pm-9:00pm

Health care professionals will provide presentation on heart disease prevention, nutrition and fitness for African American women.

FIRST CHURCH OF GOD
3480 REFUGEE ROAD -COLUMBUS

Sponsored By: City of Refuge Point of Impact
(614) 338-8338

April 26, 2013

Healthy Teens, Healthy Tomorrow: Teen Summit

9:00am-2:00pm

This educational program is intended to empower minority teens with information on organ donation and healthy lifestyle choices outside the classroom. The summit includes breakout session on: nutrition & wellness, body & kidney health (diabetes and hypertension included), organ/tissue donation & transplant, and safety.

CUYAHOGA COMMUNITY COLLEGE EASTERN CAMPUS
4250 RICHMOND ROAD -CLEVELAND

Sponsored By: Kidney Foundation of Ohio, Inc.
(216) 771-2700

April 26, 2013

Get Fit: Mind, Body and Spirit!

10:00am-11:30am

Art Therapy. Learn how art can help to relieve stress and manage chronic diseases. This is fun a hands-on session! No art experience necessary.

SENIOR OUTREACH SERVICES THE LANGSTON HUGHES CENTER
2390 EAST 79TH STREET AT QUINCY AVENUE -CLEVELAND

Sponsored By: Senior Outreach Services, Inc.
(216) 231-0003

April 26, 2013

The Power of Women's Health Conference

6:00pm-9:00pm

This evening conference will address complimentary therapies such as tai chi, healing touch, and others that can be used to help individuals either prevent chronic disease or cope with chronic disease. Additionally, aspects may include Medicaid/Medicare plays a role in paying for these services.

COMMUNITY ACTION AGENCY.
1740 LANGDON FARM ROAD - CINCINNATI

Sponsored By: Cincinnati Health Department
(513) 357-7428

Note: The times, dates and location 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 27, 2013

Cardio Fest 2013

8:00am-12:00pm

A variety of festive cardiovascular activities with over 20 informational booths and screenings. We will have speakers to discuss our wellness issues (cancer, obesity, heart disease, blood pressure, HIV/AIDS, family violence and diabetes).

RAMADA PLAZA
2301 WAGONER FORD ROAD -DAYTON

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

April 27, 2013

Managing Your Health

9:00am-12:00pm

This event geared towards children and families, will provide health screenings(BMI, hypertension, Blood Sugars, etc.) and discussion of health status with participants along with providing education to address their health needs and promote healthy living.

ADAMS AVENUE CHURCH OF CHRIST
10407 ADAMS AVENUE -CLEVELAND

Sponsored By: University Hospitals Case Medical Center
(216) 541-2210

April 27, 2013

Minority Health Summit: Policy, Systems and Environmental Change

9:00am-12:00pm

Presentations and dialogue with local political and community leaders and members of the public on ways to alter the local policy, systems and environmental landscape in ways that will lead towards health equity.

THE TOLEDO HOSPITAL EDUCATION CENTER AUDITORIUM
2113 HUGHES DRIVE -TOLEDO

Sponsored By: Lucas County Regional Health District
(419) 279-0464

April 27, 2013

Prevention is the Best Medicine: Your Health is in Your Hands!

9:30am-1:00pm

An educational program informing participants about being proactive about their health. Featured topics include diabetes, hypertension and cancer. A Zumba session along with a cooking demonstration and free chair massages will be the other highlights of the event.

YWCA OF YOUNGSTOWN
25 WEST RAYEN AVENUE -YOUNGSTOWN

Sponsored By: YWCA of Youngstown
(330) 746-6361

April 27, 2013

Asian Health Fair 2013

10:00am-2:00pm

The Asian Health Fair will be a health promotion and prevention event with culturally specific health information and screenings for Asian American in Central Ohio. Screenings and information will include but not limited to cancer, diabetes, vision hypertension, cholesterol, healthy diet and exercise, and violence prevention.

CAPITAL CITY CHURCH
1290 OLD HENDERSON ROAD-UPPER ARLINGTON

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

April 27, 2013

Choosing a Healthy Lifestyle

10:00am-2:00pm

The health fair will feature diabetes, blood pressure, HIV/AIDS and vision screenings men and women health discussions, activities for youth and nutritional and cooking activities will be included.

ZION BAPTIST CHURCH
630 GLENWOOD AVENUE -CINCINNATI

Sponsored By: Zion Baptist Church
(513) 751-8608 Ext. 14

April 27, 2013

Somali Community Diabetes Awareness & Prevention

10:00am-5:00pm

The purpose of this event is to teach adults, 18 and older, basic self-care habits especially nutritional awareness and physical fitness. Activities include: healthy food planning demonstrations, preventative health education, diabetes management, and screenings.

SOMALI COMMUNITY ASSOCIATION OF OHIO
3422 CLEVELAND AVENUE -COLUMBUS

Sponsored By: Somali Community Association of Ohio
(614) 337-2442

Note: The times, dates and location 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 27, 2013

Think Pink: Be the Cure!

11:00am-1:00pm

Mercy Medical Center will offer a quality; interactive breast health outreach program to the residents located the heart of the poorest, most underserved section of Southeast Canton. The goals will be to address breast health disparities through awareness and education and increase access to quality breast health care for those residing in minority communities. The program will be innovative, interactive, and culturally appropriate utilizing Mercy's established ANGEL network. The key messages of the effort will be: 1. Know your risk; 2. Get mammograms and breast exams; 3. Notices changes to your breasts; 4. Live right to stay healthy.

SHERRICK ROAD CHURCH OF GOD
1121 SHERRICK ROAD -CANTON

Sponsored By: Mercy Medical Center
(330) 456-1165

April 27, 2013

"Health Disparity Fair 2013"

11:00am-3:00pm

This will be a health fair event featuring numerous health and safety vendors, a healthy cooking demonstration, exercise demonstration and health/safety speakers. This event will be geared towards adults age 18 and up.

THE ROSS COUNTY SERVICE CENTER
475 WESTERN AVENUE -CHILLICOTHE

Sponsored By: Ross County Community Action Commission, Inc.
(740) 702-3120

April 27, 2013

Health and Safety Fair

12:00pm-5:00pm

At the event the Ohio Hispanic Coalition will also work with local partners to offer health education presentations and screenings, specifically eye exams and blood pressure. Health presentations will be conducted to all members who attend.

GLENWOOD UNITED METHODIST CHURCH
2833 VALLEYVIEW DRIVE -COLUMBUS

Sponsored By: Ohio Hispanic Coalition
(614) 840-9934

April 27, 2013

Prevention and Management of Diabetes and Cardiovascular Diseases

1:00pm-7:00pm

Participants will learn how to apply the principles of Eastern Medicine to prevent and manage diabetes and cardiovascular diseases.

DAYTON KOREAN GRACE CHURCH
2661 HARSHMAN ROAD -SPRINGFIELD

Sponsored By: Dayton Area Korean Association
(937) 667-0230

April 27, 2013

Summit Lake Community Walk

2:00pm-4:00pm

A community walk to exercise and identify barriers to walkability. The walk will be followed by a community meeting and health information session that includes a healthy cooking demonstration and door prizes.

SUMMIT LAKE PARK AND COMMUNITY CENTER
380 WEST CROSIER STREET -AKRON

Sponsored By: Minority Health Roundtables-Akron Regional Hospital Foundation
(330) 375-2826

April 28, 2013

One Day For Your Health

9:00am-3:00pm

Blood pressure and HIV test will be available.

Saint Peter and Paul Church
738 S. St. Clair Street -TOLEDO

Sponsored By: Nuestra Gente Community Projects, Inc.
(419) 283-0581

April 28, 2013

Children's Health Day

11:00am-2:00pm

Learn how to prepare in case of an emergency at Children's Health Day. Learn CPR and basic first aid. Have fun learning about healthy eating and good hygiene.

MASJID RASOOL-ULLAH
9400 DETROIT AVENUE -CLEVELAND

Sponsored By: Salaam Cleveland
(440) 463-6076

LOCAL OFFICES OF MINORITY HEALTH

Akron

Summit County Office of Minority Health
Summit County Health District
1100 Graham Road Circle
Stow, Ohio 44224

Derrick Willis
330-375-2489

Cleveland

Cleveland Office of Minority Health
Cleveland Department of Public Health
75 Erieview Plaza
Cleveland, Ohio 44114

Director Karen Butler
216-664-3052

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

Dennis Hicks
419-213-4095

Youngstown

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

Felicia M. Alexander, Director
330-743-3333 ext. 238

Note: The times, dates and location 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.

2013 MINORITY HEALTH MONTH NATIONAL THEME:

**HEALTH EQUITY CAN'T WAIT.
ACT NOW IN YOUR COMMUNITY!**

This is a statewide call to action to:

Practice the activities and programs that arose from the

[HHS Action Plan to Reduce Racial and Ethnic Disparities](#)

and the

[National Stakeholders Strategy for Achieving Health Equality](#)

and the

[Toolkit for Community Action](#)

Join the Ohio Commission on Minority Health and
Support efforts to Expand Medicaid
and build a Healthier Ohio!

Good Health Begins With You! ®

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Deena Chisolm, PhD, Columbus
Michael Colbert, Director, Ohio Department of Job & Family Services
Orman Hall, Director, Ohio Department of Alcohol & Drug Addiction Services
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John C. Jones, Toledo
Mark Stephen Law, MD, Newark
John Martin, Director, Ohio Department of Developmental Disabilities
Charles Modlin, MD, Cleveland
State Senator Scott Oelslager
Tracy Plouck, Director, Ohio Department of Mental Health
Keisha T. Robinson, DrPH, MPH, Youngstown
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State Representative Barbara R. Sears
State Representative Roland Winburn
Theodore Wymyslo, MD, Director, Ohio Department of Health

Ohio Commission on Minority Health

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E-mail: minhealth@mih.ohio.gov
Web: www.mih.ohio.gov

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Ohio Department of Job &
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