



One of the highest tributes we can pay to our families is to be healthy!

African American Health Empowerment Collaborative

For Immediate Release

Health Expo set for Sept. 20

WHAT: African American Health Empowerment Expo

WHEN: 9 a.m.-3 p.m., September 20, 2014

WHERE: Pittsburg High School, 1750 Harbor Street, Pittsburg

WEBSITE: www.africanamericanhealth.us

INFORMATION: 925-407-6207

PITTSBURG - The 3rd Annual African American Health Empowerment Expo on Saturday, Sept. 20, at Pittsburg High School is an event that promotes community-driven, evidence-based activities surrounding chronic diseases prevention and self-care tips to influence healthy living.

“The four primary areas of focus will include information to prevent diabetes, high blood pressure, weight management and stress. Presented in a forum that is enjoyable, family-friendly and offers easy, practical suggestions to support healthy lifestyle change,” said Lynnette Watts, Chair of the African American Health Empowerment Collaborative, a community-based alliance of East Contra Costa County residents, local business owners, representatives from healthcare organizations, community churches and government agencies. Through these partnerships the goals of AAHEC is to increase community awareness around health and healthy lifestyle to lower the risk of chronic diseases of east county African American residents.

“East County African American residents are the largest sufferers of chronic health conditions and hosting this event is a way to help improve health outcomes of east county African-American residents,” said Watts. The health expo is a no cost event, open to the public. Kick-off activity will begin with a Fit Walk at 9 a.m. The first 100 walkers will receive an AAHEC Fit Walk t-shirt. Anyone interested in taking part in the Fit Walk can register at www.africanamericanhealth.us.

Planned activities will include: Healthy cooking demonstration and tips by Chef Robert Edwards, making fresh, healthy baby food by Fresh Approach; a film presentation and open forum of “Soul Food Junkie”; high blood pressure and BMI screening by RotaCare Pittsburg Free Medical Clinic at St. Vincent de Paul; dental evaluation by La Clinica; diabetes education by American Diabetes Association and additional health, wellness, fitness activities, entertainment, community resources children’s activities and door prizes. Free lunch will be offered to the first 500 guests.

Event sponsors are Los Medanos Community Healthcare District, Keller Canyon Landfill Mitigation Fund, John Muir Health, Sutter Delta Medical Center, Contra Costa Health Services, American Diabetes Association, La Clinica, RotaCare Pittsburg Free Medical Clinic at St. Vincent de Paul, Pittsburg Unified School District and supported by Contra Costa County Supervisor Federal D. Glover (District V), and the East County NAACP.