

April 30, 2019
HELP & HEALTH OVER HEROIN AND OPIOID ADDICTION
6:30 pm - 8:30 pm

Learn about the symptoms of addiction and signs of an overdose, as well as a range of treatments including medicines and behavioral therapies that are effective in helping people stop heroin use.

American Fitness Health & Wellness Institute
 Suite A, 643 Troy St., Dayton

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

April 30, 2019
LIVING A HOLISTIC HEALTHY LIFESTYLE
11:00 am - 1:00 pm

Learn about the importance of raw fruits and vegetables, featuring raw juices and tasting. Presenter: Pastor Jimmy Mann. Yoga for everybody. Dress comfortably and participate.

Good Will Easter Seals Miami Valley
 660 S. Main St., Dayton

Sponsored By: GESMV Senior Community Service Employment Program
 ms.rsmith@yahoo.com, or Teddi Felton (614) 425-0922

May 18, 2019
COLLATERAL DAMAGE: A COMMUNITY FORUM
11:00 am - 3:00 pm

What social conditions contribute to high rates of communicable disease and chronic illnesses? Come to this free video screening and join in the conversation that will follow. Free food and drawings for gift cards.

Corinthians Baptist Church
 700 S. James H. Mcgee Blvd., Dayton

Sponsored By: Public Health - Dayton & Montgomery County, EveryOne Reach One Dayton & Montgomery County Infant Mortality Task Force, and Delta Sigma Theta Sorority
 kthomas@phdmc.org

DIABETES

Diabetes is a chronic disease. The three main types are type 1, type 2, and gestational diabetes (while you're pregnant). The good news is you can work to change the risk factors that cause type 2 diabetes. For help making lifestyle changes, contact Public Health's Diabetes Prevention Program at (937) 225-5878; or to manage your existing diabetes, contact Public Health's Self-Management Program at (937) 225-4189.

PREVENTING CHRONIC DISEASE

Pain and discomfort are signals telling the body to heal itself. A disease or condition is "chronic" if it lasts for more than three months. If you notice the symptoms or pain are not going away, see a doctor! Remember to get regular check-ups and preventive screenings.

HIGH BLOOD PRESSURE and STROKE

You have the power to lower your blood pressure! How? Eat less salt, check your blood pressure, and take prescribed meds! Stroke happens when blood vessels are stressed leading to a blockage or rupture. A stroke can be minor (known as a TIA), or major. The warning signs are **sudden** numbness or weakness of the arm, leg, or face, confusion, trouble seeing or walking, dizziness, loss of balance, or severe headache with no known cause.



Know the ABCS of good heart health:

Aspirin-therapy, monitoring **B**lood pressure & **C**holesterol, and not **S**moking. Get regular health checkups, eat healthy, and stay active. Be aware of your blood glucose, blood pressure, and cholesterol levels. Eliminate stress and don't use any form of tobacco. Prevention is the key to good heart health!

PERIPHERAL ARTERIAL DISEASE

Do you have unexplained leg pain and trouble walking? You may be at risk for Peripheral Arterial Disease, or "PAD." Check with your doctor. If it is PAD, blood flow to the legs and feet is significantly reduced. Left untreated, PAD can lead to amputation. Recognize the symptoms. Understand treatments. Take A Stand Against Amputation, www.StandAgainstAmputation.com.



INFANT MORTALITY

Infant mortality is the death of a baby before their first birthday and is a critical indicator of a community's overall health and well-being. A racial disparity exists in Montgomery County, where Black babies die at a rate four times higher than White babies. We are working together as a community to improve the many factors that influence the health of both mother and child.

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



Public Health
 Prevent. Promote. Protect.
 Dayton & Montgomery County

Dayton Council on Health Equity



Active & Healthy | April 2019



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

*These 2019 MHM events are funded by the Ohio Commission on Minority Health and Public Health - Dayton & Montgomery County. All events are free and open to the community.

Created: March 2019

April 2019 • Dayton Region

Minority Health Month

Calendar of Events

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

*These 2019 MHM events are funded by the Ohio Commission on Minority Health and Public Health - Dayton & Montgomery County. All events are free and open to the community.

April 2019 – Greater Dayton Region Minority Health Month Calendar of Events

Partnering For Health Equity!

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

The Five Goals of Minority Health Month are:

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

ANNOUNCING THE GREATER DAYTON MINORITY HEALTH MONTH KICK-OFF!

Public Health - Dayton & Montgomery County's Dayton Council on Health Equity will Kick-off Minority Health Month on **Saturday, April 6, from 9:30 am – 1:30 pm** at The Neon Theatre. Come out for this free breakfast. We will be screening a free movie, "Hidden Figures" to be followed by a community dialogue moderated by Ms. Marsha Bonhart. We will also honor one of Dayton's own Hidden Figures who was a physicist at Wright Patterson Air Force Base! Please come and bring a friend. Free health screenings, health information and a \$10 Kroger gift card.

The 2019 Minority Health Month Calendar is available online at www.phdmc.org/healthy-lifestyles/dayton-council-on-health-equity.

April 6, 2019 2019 MINORITY HEALTH MONTH KICK-OFF! 9:30 am - 1:30 pm

Free Movie - Hidden Figures, followed by a Community Conversation lead by Marsha Bonhart. This movie stars three black women who crunched the numbers for NASA in the 1960s! We celebrate minority pioneers and will also honor a native Daytonian who was a Hidden Figure at WPAFB! Breakfast will be provided. Free health screenings, health information, movie popcorn, and a \$10 gift card! Free and open to the community.

The Neon Movies, 130 E. Fifth St., Dayton

Sponsored By: Public Health - Dayton & Montgomery County's Dayton Council on Health Equity and Grandview Medical Center/KHN*
csroggins@phdmc.org or (937) 225-4962

April 9, 2019 DEPRESSION, STRESS & HEART DISEASE 6:30 pm - 8:30 pm

This workshop will examine the connection between depression and heart disease, and how new research can assist those battling depression and help take the necessary steps to reduce risks of heart disease.

American Fitness Health & Wellness Institute
Suite A, 643 Troy St., Dayton

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

April 10, 2019 COMMUNITY HEALTH WORKER / NAVIGATOR / PEER SUPPORTER MEETING 8:30 am - 10:30 am

Join these Community Health Workers/Advocates/Navigators/Peer Supporters to engage with others in cooperative learning and important conversations to benefit the community, improve community engagement, and address issues that impact people's health and quality of life.

Community Health Centers of Greater Dayton
Conf. Rm. 804, 1323 W. Third St., Dayton

Sponsored By: Public Health - Dayton & Montgomery County's Dayton Council on Health Equity
csroggins@phdmc.org or (937) 225-4962

April 10, 2019 MONTGOMERY COUNTY HEALTHCARE COLLABORATION MEETING 10:30 am - Noon

Join these health partners as they collaborate to address pressing and present issues with healthcare, including Medicare, Medicaid, Affordable Care Act marketplace enrollments, and more.

Community Health Centers of Greater Dayton
1323 W. Third St., Dayton

Sponsored By: Community Health Centers of Greater Dayton
Shanise Wade, (937) 228-0990

April 12, 2019 MT. ENON WELLNESS FAIR 5:30 pm - 8:00 pm

Fitness demos, vendors, health information, healthy food, prizes and more. There's something for the whole family to enjoy!

Mt. Enon MBC – J. F. Cunningham Family Life Center
1501 W. Third St., Dayton

Sponsored By: Mt. Enon Missionary Baptist Church Wellness Ministry
mathk@aol.com

April 13, 2019 PLACE MATTERS: A COMMUNITY FORUM 11:00 am - 3:00 pm

What does where you live, or your bank account have to do with how healthy you are? Come to this free screening of the video, Unnatural Causes: Place Matters, and join in the conversation that will follow about the real root causes of worse health and poorer quality of life. Free food and drawings for gift cards.

Corinthians Baptist Church
700 S. James H. Mcgee Blvd., Dayton

Sponsored By: Public Health - Dayton & Montgomery County, EveryOne Reach One Dayton & Montgomery County Infant Mortality Task Force, and Delta Sigma Theta Sorority
kthomas@phdmc.org

April 16, 2019 CARDIO, CARBS, CALORIES, AND CURVES 6:30 pm - 8:00 pm

Embrace Your Shape! Burn fat through cardio, know that the right carbs will improve and fuel your life. Learn about "six chains" of carbohydrates (carbs). These four topics can help you create more "flex" appeal (strength) and "curvaceous" better body image.

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(937) 275-3770

April 17, 2019 AMERICAN CANCER SOCIETY MISSIONS BREAKFAST 7:30 am - 8:30 am

Come for a free breakfast and hear about the American Cancer Society's programs and services. Hear a health presentation by a Cancer Researcher! Learn about volunteer opportunities with the ACS. This is a free event, but please call or e-mail to reserve a seat.

Dayton Kroc Center, 1000 N. Keowee Ave., Dayton

Sponsored By: American Cancer Society
csroggins@phdmc.org or (937) 225-4962

April 18, 2019 LATINO CONNECTION COALITION MEETING 10:30 am - Noon

Join these partners who meet to share information, network, and host presentations about resources and services to improve the health and quality of life for the Latino population in the Miami Valley.

Latino Connection Coalition
624 Xenia Ave. - Dayton

Sponsored By: Latino Connection Coalition
Joseph Smith, joseph.smith@caresource.com

April 20, 2019 HERITAGE OF HEALTH FESTIVAL Noon - 5:00 pm

A community health festival with three health presentations, free health screenings, health information tables, and a \$10 gift card! Lunch will be provided. Free and open to the public. Swahili, French and Arabic language interpreters will be present.

Dakota Center, 33 Barnett St., Dayton

Sponsored By: Public Health - Dayton & Montgomery County's Dayton Council on Health Equity and Grandview Medical Center/KHN*
csroggins@phdmc.org or (937) 225-4962

April 23, 2019 DO'S & DON'TS OF HERBS AND DIETARY SUPPLEMENTS 6:30 pm - 8:00 pm

Come out and learn about various herbs that can be dangerous when mixing medicines prescribed by a physician with over-the-counter herbs or even aspirin and certain vitamins. Learn the benefits that could save a life.

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Suite A, 643 Troy St., Dayton

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

April 27, 2019 CARDIOFEST 2019 7:30 am - 1:00 pm

Festive cardiovascular activities and fitness screenings. We will have fitness presenters and health speakers to discuss wellness issues (cancer, obesity, heart disease, blood pressure, HIV/AIDS, family violence, and diabetes).

American Fitness Health & Wellness Institute
Suite A, 643 Troy St., Dayton

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

April 28, 2019 4TH ANNUAL DAYTON WOLVERINES TRACK CLASSIC 9:30 am - 4:00 pm

Dayton Gem City Track Classic. Grades K – 8. Elementary schools, contact Coach Keith. Hurdles, Relays, Dashes, and Runs. Free health screenings. To register: www.coacho.com.

Welcome Stadium
1601 S. Edwin C. Moses Blvd., Dayton

Sponsored By: Dayton Wolverines Track Club
harry.keithways@gmail.com

April 28, 2019 MINORITY HEALTH FAIR 1:00 pm - 3:00 pm

Join us as Grandview Medical Center celebrates Minority Health with a free health fair, Heart Healthy Cooking Demonstrations, Hula Hoop Contest and Prizes, Health screenings, Chair Massages and Chair Massage Training, and Stroke of Art Painting, while learning Stroke Prevention. Free and open to the community.

Bold Believer's Church, 1501 Salem Ave., Dayton

Sponsored by: Grandview Medical Center/KHN
(937) 558-3988