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**Free health screenings, workshops, and motivation—
especially for the African American community**

At the “Gateway to Wellness” event Saturday, June 12 in Shadyside
PITTSBURGH (May 10, 2010)—A free health event especially geared toward
African Americans will occur Saturday, June 12 from 9 a.m. to 2 p.m. at the
Herberman Conference Center on Centre Avenue in Shadyside.

The Gateway Medical Society (GMS) and the NAACP-Pittsburgh are
collaborating to offer “Gateway to Wellness,” a half-day of free health screenings,
workshops and a panel discussion from motivational health experts.
Highmark Blue Cross Blue Shield and UPMC are also supporting the event.

Reservations are necessary by June 7 and can be made online at
www.gatewaymedicalsociety.org or by calling GMS at 412- 281-4086.

“Gateway to Wellness is not just a one-time event, it’s an invitation to begin a
new way of living—*healthier living*—in the Pittsburgh African-American

“Gateway to Wellness”

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community,” explains Anita Edwards, M.D., co-chair of the event for GMS and an internist for Century III Medical Associates.

“Gateway to Wellness” will offer the following:

- Free health screenings for blood pressure, cholesterol and glucose
- Workshops led by health experts on :
 - Maintaining good oral health
 - Healthy eating
 - Kicking the smoking habit
 - Adding movement to our daily life
 - Living pain free
- A panel discussion on alternative medicine and nutritional supplements including massage, aromatherapy and chiropractics

“Enthusiastic health experts will be on hand to help us take the steps to improve our lives and even add years to our lives,” explains Rhonda Johnson, M.D., co-chair of the event for GMS and a Highmark Blue Cross Blue Shield medical director whose work is focused on eliminating health disparities. In Pennsylvania, African-American health disparities include disproportionate rates of diabetes, heart diseases, cancer, asthma and HIV/AIDs.

Complimentary continental breakfast and lunch will be served.

Herberman Conference Center and parking in Center Avenue Garage are located near the intersection of Centre and South Aiken Avenues in Shadyside.

Gateway Medical Society is a Pittsburgh-based non-profit organization dedicated to the health and general welfare of minority and socio-economically challenged populations in Southwestern Pennsylvania.

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