

The Goal of This Symposium

Movement is exercise and can serve to reduce the prevalence of obesity, diabetes, hypertension and certain types of cancer – conditions that disproportionately impact communities of color. Dancing can help lower stress and improve overall well-being.

The goal of this symposium is to encourage the participants to believe they have the ability to incorporate movement into their daily living. DANCE as opposed to EXERCISE as a form of daily movement will be emphasized for Youth and Adults.

Who Should Attend?

This program is open to all

Partners

American Heart Association
Level Up Dance Studio
Black Nurses in Action
Hill Dance Academy Theatre
Kappa Chapter, Inc. of
Chi Eta Phi Sorority
Dance Conservatory of Pittsburgh



GATEWAY MEDICAL SOCIETY

presents

GATEWAY TO WELLNESS



KEEP IT MOVING~DANCE
TAKE STEPS TO A HEALTHIER LIFE
Saturday,
June 10, 2017
9:00 AM to 2:00 PM

Herberman Conference Center

UPMC Shadyside Hospital Campus

5230 Centre Avenue, 2nd Floor • Pittsburgh, PA 15232

(Parking Provided Free at the Centre Avenue Garage)



**FREE HEALTH
SCREENINGS**

Dress Comfortably

Tel: 412-281-4086

Take Steps To a Healthy Life – DANCE! MOVE!



Closing the Gap.

For Adults

Workshop topics will address weight management, controlling stress, diabetes prevention and depression. Movement will be emphasized during sessions.

For Youth

Workshop topics will explore how to be healthy in mind, body and spirit. Sessions will also address suicide prevention and depression.

Dance and MOVE!

- Hip Hop Dance
- Yoga
- Zumba
- Line Dancing

Instruction provided. Please dress comfortably if you plan to participate in dance and movement.

PRESENTERS

- Sue Cleveland
- Amy Jansen, RN
- Dustin Jewell
- Monte Robinson, LPC
- Emiola Jay Oriola, MATM
- Ifeyinwa Uwazie
- Elder, Mattie Woods
- AND MORE



Our Sponsors



Planning Committee

- Steven Evans, MD, Chair
- Marcia Martin, Co-Chair
- Merrian Brooks, DO
- Michelle Collins
- Dawndra Jones, DNP, RN
- Gretchen North, MA, MS, CHES
- Brenda D. Parks

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 281-4086.

Gateway Medical Society
 Catherine Udekwu, MD, President, GMS
 Steven Evans, MD, Vice President & Program Chair, GMS
 Lisa Isaac, MD, Secretary
 Anita Edwards, MD, MBA, Treasurer

Keep it Moving – Dance! Take Steps to a Healthy Life

REGISTRATION FORM

Adult Program: Year of Birth _____ Male ___ Female ___

Youth Program: ___ Age of Young Person

This Symposium is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before participating in movement activities.

Some of the material or information may be sensitive in nature

Name _____ Age _____

Address _____

City, State, Zip Code _____

Email Address _____

Phone _____

Lunch Selections (select one)

- Turkey Sandwich Ham Sandwich Roast Beef Sandwich
- Tuna Sandwich Roasted Vegetable Sandwich

Register online at www.gatewaymedicalsociety.org or by telephone: 412-281-4086, fax:412-281-4789 or return form to the Gateway Medical Society office 1835 Centre Avenue, Suite 208, Pittsburgh, PA 15219 by **May 31, 2017**

This program will be videotaped and photographed and the use of the images is the sole discretion of Gateway Medical Society. If you wish not to have your images used, please inform us in writing.