

## The Goal of This Symposium

African Americans are at higher risk for certain health issues. However, many of these problems can be prevented. Knowing your risks and learning new habits and behaviors can improve your health. The goal for this symposium is to provide the African-American community with information and resources to help them be healthy.

### Who Should Attend

Mothers • Fathers • Brothers • Sisters  
Teenagers • The Community

## Adult Plenary Session

### *Be Your Own Best Advocate*

Presented by Dr. Jeannette E. South-Paul

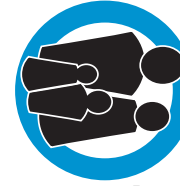
This session will increase your awareness about health conditions common to African Americans. To prevent and manage these conditions you must be your own best health advocate by forming a partnership with your healthcare provider and being actively involved in your care.

## Young People Plenary Session

### *The Choice is Yours – Make it a Healthy One!*

Presented by Dr. TaTanisha P. Smith

This session will help you understand the importance of making healthy lifestyle choices. Having the right information is powerful and you have the power to choose so make sure your choices are healthy ones. The choices you make today can affect your life forever.



Gateway Medical Society  
"Closing the Gap"  
1835 Centre Avenue  
Pittsburgh, PA 15219



GMS  
Gateway Medical Society  
"Closing the Gap"



GATEWAY MEDICAL SOCIETY

&

ALPHA KAPPA ALPHA SORORITY, INC.  
ALPHA ALPHA OMEGA CHAPTER

presents

## Gateway to Wellness: Our Healthy Journey

**Saturday, June 30, 2012**

8:00 AM - 2:00 PM

Herberman Conference Center  
5150 Centre Avenue, 2<sup>nd</sup> Floor • Pittsburgh, PA 15232

(Parking Provided Free at the Centre Avenue Garage)

### **FREE TO ALL**

Meals and Health Screenings  
will be provided free of charge.  
Wear comfortable clothing.

**Tel: 412-281-4086**

# Gateway to Wellness: Our Healthy Journey

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## REGISTRATION FORM

Choose which program you are registering for.

I would like to register for the two (2) following workshops:

### Adult Program:

**Includes attendance for Aging Wisely and Moving**

- Cancer: No Longer a Dirty Word!**
- Men Hold up Half of the Sky**
- Doctor, Can You Hear Me? Patient, Are You Listening?**
- It Hurts Right There!**
- Understanding the Role of Alternative Medicine**

**Youth Program:** \_\_\_\_\_ **Age of Young Person**

**The Youth Program includes attendance for the following sessions:**

- **Five Easy Ways to Eat Healthy Everyday**
- **Let the Music Move You!**
- **Hip Hop and Health**
- **The Dirty Truth About Smoking**

Some of the material or information may be sensitive in nature

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

### Meal Selections

- Continental Breakfast Only**     **Both**
- Lunch Only**

Register online at [www.gatewaymedicalsociety.org](http://www.gatewaymedicalsociety.org) or by email to  
**AKA\_GatewayMed@akapittsburghaa.o.org** by telephone:412-281-4086,  
fax:412-281-4789 or return form to the Gateway Medical Society office

1835 Centre Avenue, Pittsburgh, PA 15219 by **June 23, 2012**



### Adult Program

#### Aging Wisely and Moving

Presented by Coleen Bortz

This workshop features the SilverSneakers® Fitness Program, a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. Dress in comfortable clothes.

#### Cancer: No Longer a Dirty Word

Presented by Dr. Helen Analo (for women)

This workshop is designed to increase your awareness about cancer in women. We will also discuss how you can reduce your cancer risk by adopting a healthy lifestyle. Information will be given on how to tell which screening is right for your age and concerns.

#### Men Hold up Half of the Sky

Presented by Dr. Herbert C. Bazron  
The Obediah Cole Foundation (for men)

This workshop will focus on increasing your understanding of men's health issues, the importance of getting specific screening tests for your stage of life, and managing health conditions you may already have. Continue to hold up half of the sky by making healthy lifestyle choices in all areas of your life.

#### Doctor, Can You Hear Me? Patient, Are You Listening?

Presented by Margaret S. Washington

This workshop focuses on the importance of good communication between you and your healthcare provider. Learn how your relationship with your provider and the way in which you communicate with each other can affect your health outcomes.

#### It Hurts Right There!

Presented by Dr. Tracy Wimbush

This workshop will focus on those unexplained aches and pains. It will also help with pain management and how to express your pain to your healthcare provider.

#### Understanding the Role of Alternative Medicine

Presented by Dr. Wynne Brown

This workshop will give you understanding of complimentary alternative medicine in comparison to standard medical practices.

### Our Sponsors



### Youth Program

#### Five Easy Ways to Eat Healthy Everyday

Presented by Atiya Abdelmalik-Johnson

This interactive workshop will provide you with the tools you need to make healthier food choices. You will see how much sugars and fats you take in when having certain foods. By engaging in a fun learning environment you will walk away with more knowledge about the importance of making healthier food choices.

#### Let the Music Move You!

Presented by Caitlin Smith

This workshop will have you moving to the music, doing Zumba (a Latin fitness and dance program) that is great fun for anyone and everyone. Check it out!

#### Hip Hop and Health

Presented by Center of Life

This workshop, presented by K.R.U.N.K. Movement will give you an insight on Hip Hop and your health. You will also hear about students who have done great things with music.

#### The Dirty Truth About Smoking

Moderator: Dr. Jan Madison

Panelists: Phase III students of Journey to Medicine

This panel discussion will focus on important facts you should be aware of if you smoke or live with someone who smokes legal or illegal substances. Many health problems develop very quickly in the young smoker and it is important for you to know how smoking can affect you now and long-term.

### Workshop Presenters:

#### Adult Program

Coleen Bortz  
Instructor Coordinator/National Trainer  
Healthways SilverSneakers®  
Fitness Program

Helen Analo, M.D.  
Internal Medicine  
Hematology /Oncology

The Obediah Cole Foundation  
Herbert C. Bazron, Jr., M.D.  
Internal Medicine

Margaret S. Washington, MSW, MSPH  
Author

Tracy Wimbush, MD  
Specialist in Pain Management

Jeannette E. South-Paul, MD  
Professor and Chair  
Department of Family Medicine  
University of Pittsburgh School of Medicine

Wynne Brown, M.D., FACOG, R.Ac.  
Alternative Medicine

#### Youth Program

Atiya Abdelmalik-Johnson, RN  
Manager, Community Health Promotion  
Highmark Blue Cross Blue Shield

TaTanisha P. Smith, MD  
Allegheny General Hospital  
General Pediatrics

Jan Madison, MD  
Pulmonary Medicine  
Pittsburgh Pulmonary Associates

Caitlin Smith  
Certified Zumba Instructor

Center of Life  
Terry Levels - PROGRAM DIRECTOR

Gateway Medical Society  
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William Simmons, MD, President, GMS  
Helen A. Davis, MD, Vice-President, GMS  
Anita Edwards, MD, Program Chairman

Alpha Kappa Alpha Sorority | Alpha Alpha Omega Chapter  
P.O. Box 5044, Pittsburgh, PA 15206  
Christina L. Wilds, PhD, MPH, President, Alpha Alpha Omega Chapter  
Jackie Blakey-Tate, MEd, First Vice President, Program Committee