



Black Health Empowerment Project

"Eat, Move and Test for Health"

BROOKLYN EVENT PROGRAM

Long Island University, The Brooklyn Campus
Kumble Theater for the Performing Arts
1 University Plaza, Brooklyn, NY 11201
Saturday, February 24, 2007



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| 9:00 am | Registration Opens |
| 9:00 am - 10:00 am | Continental Breakfast |
| 10:00 am | Opening Dance Performance Asase Yaa African American Dance Theater |
| 10:10 am | Event Kick-off Ann Tripp On-air personality, WBLS Event Moderator |
| | Welcome Remarks Congressman Edolphus Towns Dr. Elsie Scott, President and CEO, Congressional Black Caucus Foundation, Inc. Ms. Jennifer Stewart, Senior Manager, AstraZeneca |
| 10:25 am | Inspirational Warm-up Exercise Session Benita Perkins Fitness expert, president of Bennie Girl Productions and creator of "Taking It to a Higher Ground" workout video |
| 10:45 am | Real Talk About Weight Management and Wellness Dr. David Pryor, President and founder, BlackWomensHealth.com Dr. Moshe Lewis, Chief Medical Officer, BlackWomensHealth.com |
| 11:15 am | Nutrition Lowdown Session Mr. Nana Asare, Associate Director of Wellness Operations, Long Island University-Brooklyn Ms. Teresa Kennedy, President of Power Living Enterprises, Inc. and founder of Ta Yoga |
| 11:40 am | Cooking Demonstration Celebrity chef Lindsey Williams Grandson of Sylvia Woods, Harlem's "Queen of Soul Food" and author of <u>Neo Soul</u> |
| 11:55 am | Eat, Move and Test for Health Message Ms. La Shonya McNeil, BHEP Program Coordinator |
| 11:56 am | Giveaways and Healthy Living Forum Closing |
| 1:00 pm - 3:00 pm | Health & Fitness Expo featuring: <ul style="list-style-type: none">❖ FREE health screenings for adults and children❖ Dozens of exhibitors❖ Ask the Experts zone❖ Children's Activity zone❖ Healthy food tasting❖ Fitness demonstrations❖ Giveaways and more! |