**April 23**

**Community Health Wellness Day**
8:00 am - 3:30 pm
Community health education sessions. Tour the cardio workout room. Sign up for the Commit to Be Fit program. Learn about the African American Services program.

**CENTRAL STATE UNIVERSITY - DAYTON CAMPUS - 840 GERMAN TOWN - DAYTON**
Sponsor: CSU - Dayton
*(937) 376-6167*

**April 23**

**5K Hero’s Run & Walk**
8:00 am - 10:00 am
Starts at the VA Medical Center; ends at CSU - Dayton Campus.

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Sponsor: CSU - Dayton
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**April 23**

**Heart 2 Heart - Healthy Living for Women**
10:00 am - 2:00 pm. Free with registration by 4/19
Join us for a free heart to heart discussion to empower each other about issues that are impacting our community. HIV/AIDS, Pre-Exposure Prophylaxis & Post Exposure Prophylaxis, Hep C, Healthy Lifestyle, Taking care of yourself. Addiction - Alcohol & Substance Abuse. Free HIV testing. Light Refreshments will be served.

**LOVING HEART COMMUNITY CENTER - 3195 W. SIEBENTHALER - DAYTON**
Sponsor: Born to Serve, LLC *(937) 430-0155 or bbddecoux01@gmail.com*

**April 23**

**Line Dance to Future Health**
1:00 pm - 4:00 pm
Participants will learn to line dance. Community partners will connect participants to area activities. Materials on exercises, healthy living, and diabetes management will be available.

**YWCA DAYTON AUDITORIUM - 141 W. THIRD ST. - DAYTON**
Sponsor: YWCA Dayton
*(937) 481-5550, Ext. 131*

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**April 27**

**Healthy Children, Healthy Life**
6:00 pm - 8:00 pm
Chef Anthony Head will demonstrate to parents how to prepare healthy meals for their children and teach them proper nutrition. Food samples will be shared with recipes and informational handouts.

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**April 30**

**My Beautiful Baby Stroll-In**
10:00 am - 2:00 pm
Get free health screenings, a free baby bag, and lots of information about having a healthy baby, and the importance of good overall health for women and moms. Learn about community resources and health services. Light food and beverages will be served. Please come and bring a friend!

**DAKOTA CENTER - 33 BARNETT ST. - DAYTON**
Sponsor: Public Health/Dayton Council on Health Equity *(937) 225-4962*

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**April 30**

**5K Walk/Run for Autism Awareness**
Registration, 7:30 am; Run begins at 9:00 am; Walk begins at 9:15 am
A walk/run to strengthen support, education and recognition of autism, and improve the lives of those affected by autism.

**PAYNE RECREATION - 3800 MAIN ST. - MORAIN**

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**April 23**

**Community Forum: Setting Priorities & Taking the Next Step to Improve Minority Health**
2:00 pm - 4:30 pm
Please RSVP by April 15 at (937) 225-4962 or cscroggins@phdmc.org. Review local health data. Join in a conversation about how to improve minority health. Review the Montgomery County Community Health Improvement Plan strategies.

**PUBLICHEALTH - 117 S. MAIN - 6TH CONFERENCE ROOM 1ST FLOOR**
Sponsor: Public Health/Dayton Council on Health Equity *(937) 225-4962*

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**April 26**

**Miami Valley Organizing Collaborative**
11:00 am - 12:30 pm
MVOC meets monthly to organize everyday Choisos, building transformative power for social, racial, and economic justice in our state.

**OMEGA BaptIsT CHURCH - 1821 EMERSON AVE. - DAYTON**
Sponsor: Miami Valley Organizing Collaborative
*bitldudley7999@msn.com*

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**April 26**

**Prevent Chronic Disease**
Cancer, Type 2 diabetes, heart disease, stroke, and lung disease are largely preventable chronic health conditions.

**How:** Prevention is the key to good health. Eat a healthy diet, get regular exercise, have a primary care doctor, get routine preventive health screenings and wellness check-ups, and ask your doctor about the ABC’s of good heart health: Aspirin-therapy, monitoring Blood pressure and Cholesterol, and not Smoking.

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**April 26**

**Infant Mortality**
Too many babies in Montgomery County are dying before their first birthday! Our community is working hard to reduce the number of low birth weight babies, premature deliveries, and Sudden Infant Deaths.

It is important that women be in the best health possible before and during pregnancy. If you have a history of miscarriage or premature delivery, ask the doctor about progesterone therapy.

If seeking prenatal care, ask about Centering Pregnancy® appointments.

For more information contact Public Health at 225-5700.

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**April 2016 Events Funded by the Ohio Commission on Minority Health, Public Health - Dayton & Montgomery County**

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

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

April 2016 - Greater Dayton Region Minority Health Month Calendar of Events

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- 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

March 29
Community Forum: Setting Priorities & Taking the Next Step to Improve Minority Health
5:00 pm - 7:00 pm; please RSVP by March 22 at (937) 225-4962 or cscroggins@phdm.org.
Review local health data. Discuss minority health. Join in a conversation about how to improve minority health. Review the Montgomery County Community Health Improvement Plan strategies.
CENTRAL STATE UNIVERSITY - DAYTON CAMPUS, 540 GERMANTOWN - DAYTON
Sponsor: Public Health - Dayton & Montgomery County/Dayton Council on Health Equity. (PublicHealth@DaytonCouncil on Health Equity) * (937) 225-4962

April 2
Strides4Life 5K
9:00 am - 11:00 am
A 5K to strengthen support, education and recognition of organ, eye and tissue donation in West Central Ohio.
ISLAND PARK - 101 E. HELENA - DAYTON
Sponsor: Life Connections *mteade@lcodro.org

April 2
My Baby and Me
1:00 pm - 4:00 pm
WSU, AAVIPP proposes to partner with local faith communities to raise awareness and provide mental health resources for women at risk for postpartum depression. Goals include raising awareness about postpartum depression among African American women (prevention), providing the option of competing a postpartum depression screening measure (assessment), and prevention by making referrals to local women’s centers and mental health agencies (intervention).
YWCA DAYTON - 141 W. 3RD ST. - DAYTON
Sponsor: Wright State University * (937) 775-4338

April 2
Well - Camp
6:30 pm - 8:00 pm
Provide hands-on training and to identify obesity triggers to avoid excessive caloric intake. Well-Camp will launch participants to prevention and understanding risks of chronic illnesses, cancer, stroke, and poor nutrition habits.
KETTERING TOWER LOBBY - 40 N. MAIN ST. - DAYTON

April 1
21 Days Wellness Pledge/W.O. Program
6:30 am - 8:00 pm
What is 31 Days of Wellness and W.O. Program? Commit to Health for at least 21 Days in April and “Working on Weight Loss.” Commit to 5-9 servings of fruits and vegetables and exercise at least 5 times per week.
ABUNDANT SEASON ANOINTED MINISTRIES - 643 TROY ST. - DAYTON
Sponsor: American Fitness Health & Wellness Institute * (937) 275-3770

April 8
Work It Out Health Fair
5:30 pm - 8:00 pm
Get moving! Come to this fun family event with instructor-led fitness activities for food, games - vendors! There’s something for all.
FAMILY LIFE CENTER - 1561 W. THIRD STREET - DAYTON
Sponsor: Mt. Enon Miss. Baptist Church * Karen Mathews, mathk@aol.com * (937) 524-6062

April 9
Diabetic Cooking for a Healthier You
2:30 pm - 4:00 pm
Chef Anthony Head will teach manu planning and cook for individuals with diabetes. Sample recipes with a list of healthy food substitutes.
YWCA DAYTON AUDITORIUM - 141 W. THIRD ST. - DAYTON
Sponsor: YWCA Dayton * (937) 461-5550 ext. 131

April 12, 19, 26 - May 3, 10
Track Pack Indoor 5K at Roosevelt Commons
5:30 pm - 6:30 pm
(Blood pressure check, 5:30 - 5:50; health chat, 5:50 - 6:00)
Join the Track Pack Walk Club and walk 5K in 5 Weeks on the Indoor Track. Meet Tuesdays from 5:30 - 6:30 p.m., for five weeks starting April 12. GREATEST DAYTON RECREATION CENTER AT ROOSEVELT COMMONS 2521 W. THIRD - DAYTON
Sponsor: American Fitness Health, City of Dayton, & WDAO Radio * (937) 225-4962

April 15
Built to Win
5:00 pm - 7:00 pm
Families participate in a hands-on smoothie/juicing workshop where they will learn recipes and benefit of the healthy beverages and ways to reduce the risk of diabetes.
BOYS & GIRLS CLUB OF DAYTON - 1828 STEWART ST. - DAYTON
Sponsor: Boys & Girls Club of Dayton * (937) 262-8377

April 16
Built to Win
8:00 pm - 10:00 pm
Families participate in fun obstacle courses as a demonstration of simple ways to exercise while having fun. Participants receive a take-home pedometer to track their daily fitness activity.
BOYS & GIRLS CLUB OF DAYTON - 1828 STEWART ST. - DAYTON
Sponsor: Boys & Girls Club of Dayton * (937) 262-8377

April 16
MCDA CARDIOFEST 2016
Registration Starts 7:30 am; Cardiofest Activities: 8:00 am - Noon; Speakers: 12:30 pm - 1:30 pm
What is Mega Cardiofest 2016? Festive cardiovascular activities, indoors, outdoors, breakout sessions, over 10 informational booths, screenings on wellness issues (cancer, obesity, heart disease, finances, body image, family violence, and diabetes).
ABUNDANT SEASON ANOINTED MINISTRIES - 643 TROY ST. - DAYTON
Sponsor: American Fitness Health & Wellness Institute * (937) 275-3770

April 16
14th Annual Celebrating Life and Health Fair
10:00 am - 3:00 pm
Provides a wide array of free services and support services to at-need populations to ensure their good health and identify potential risk factors. The event is free and open to everyone. Tickets can be received in advance or at the door. Although the event is free, tickets are required. Every attendee gets a free healthy meal, a chance to win prizes, and there is family entertainment and live music for all ages.
SINCLAIR COMMUNITY COLLEGE, PONZICT CENTER, BUILDING 12 - 444 W. THIRD ST. - DAYTON
Sponsor: Levin Family Foundation * (937) 223-5433

April 21
Introduction to Fitness Training
6:30 pm - 8:00 pm
This seminar will teach attendees about the proper “do’s and don’ts” of physical activity; and the latest research regarding exercise prescribed as complimentary medicine to various chronic illnesses.
AMERICAN FITNESS HEALTH & WELLNESS INSTITUTE - 643 TROY ST., SUITE A - DAYTON
Sponsor: American Fitness Health & Wellness Institute * (937) 275-3770

April 18
Miami Valley Black Health Coalition Meeting
3:00 pm - 4:30 pm
The coalition meets monthly to share information about the state of health in the black community and work on initiatives to address aspects of black health.
THEOPORTUNITY CENTER - 907 W 6th STREETIP CONFRM - DAYTON
Sponsor: Miami Valley Black Health Coalition * http://mvbhc.weebly.com/

April 21
Latino Connection Meeting
10:00 am - Noon
The coalition meets monthly to share information about Latino family needs, available resources and services and upcoming events in the Latino community.
EAST END HEALTH CENTER - 624 XENIA AVE - DAYTON
Sponsor: Latino Connection * latinoconnection2006@yahoo.com

April 23
My Baby and Me
11:00 am - 2:00 pm
This event will raise awareness and provide mental health resources for women at risk for postpartum depression. Goals include raising awareness about postpartum depression among African American women (prevention), providing the option of completing a postpartum depression screening measure (assessment) and if necessary, making referrals to local women’s centers and mental health agencies (intervention).
MT. CALVARY BAPTIST CHURCH - 3375 W. SIEBENTHALER AVE. - DAYTON
Sponsor: Wright State University * (937) 775-4338

April 22
Boys & Girls Club of Dayton * (937) 262-8377
March 29

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5:00 pm - 7:00 pm; Please RSVP by March 22 at (937) 225-4962 or cscroggins@phdmc.org.
Review local health data. Discuss minority health. Join in a conversation about how to improve minority health. Review the Montgomery County Community Health Improvement Plan strategies.

CENTRAL STATE UNIVERSITY - DAYTON CAMPUS, 540 GERMANTOWN - DAYTON

April 1

2016 Minority Health Month Kick-off Celebration & Health Expo
10:00 am - 2:00 pm
The 2016 kick-off will feature health education sessions, free health screenings, and partner exhibits of available health services and community programs.
KETTIGER TOWER LOBBY - 40 N. MAIN ST. - DAYTON
Sponsor: Public Health/Dayton Council on Health Equity * (937) 225-4962

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6:30 am - 8:00 pm
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Strides4Life 5K
9:00 am - 11:00 am
A family-friendly 5K, and 1 Mile Fun Run providing food, refreshments, support, education and recognition of organ, eye and tissue donation in West Central Ohio. ISLAND PARK - 101 E. HELENA - DAYTON
Sponsor: Life Connections *mateatd@icloud.org

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1:00 pm - 4:00 pm
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Live Better, Live Longer
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