



One of the highest tributes we can pay to our families is to be healthy!

African American Health Empowerment Collaborative

For Immediate Release

Sponsored by LMCHD in collaboration with the African American Health Empowerment Collaborative

Cooking and health tips, flu shots, prizes, lunch at the Health Expo, Sept. 26

WHAT: African American Health Empowerment Expo

WHEN: 8 a.m.-2:30 p.m., September 24, 2015

WHERE: Pittsburg High School, 1750 Harbor Street, Pittsburg

WEBSITE: www.africanamericanhealth.us

INFORMATION: 925-407-6207

PITTSBURG – Prostate cancer. Men cringe when they hear this topic but if they take all the precautions, including early exams and detection, they can usually survive this disease. If left undiscovered or untreated, it can be deadly.

If you are a man or you have men in your lives, you'll want to hear Dr. Nynikka Palmer, Assistant Professor, Department of Medicine, Urology & Radiation Oncology, UCSF speaker during the 5th Annual African American Health Empowerment Expo on Saturday, Sept. 24, at Pittsburg High School.

The expo is an event intended to inspire people to embrace a healthy standard of living through daily physical activities, eating well and living well. The event kicks off with a Fit Walk at 8 a.m. and then moves indoors to hear quick snippets of health subjects. Dr. Palmer will present her information on Men's Health: Prostate Cancer Awareness, at 10 a.m. "As a man, this is something that all men should pay particular attention too", said Longmire who is the Interim Executive Director for Los Medanos Community Healthcare District.

Similar to previous expos, activities and information presented will be in a fun, family-friendly manner that encourages healthy active living, said Lynnette Watts, Chair of the African American Health Empowerment Collaborative, a community-based partnership of East Contra Costa County residents, local business owners, representatives from healthcare organizations, faith community and government agencies.

Healthy cooking demonstration, health information and tips from a host of organizations highlighting good health principles to lower the risk of chronic diseases, such as high blood pressure, diabetes and heart disease which are common conditions that overtake most African Americans. The activities presented during this event is information that you can take and use long after the expo is over, said Watts.

The health expo is a no-cost event, open to the public. Kicking off with a Fit Walk at 8 a.m. The first 100 walkers will receive an AAHEC Fit Walk t-shirt. Anyone interested in taking part in the Fit Walk can register at www.africanamericanhealth.us.

"The Health Expo provides health information and resources in one location with cooking demonstrations, fit walk and other physical activities. I am proud to be a part of this event and thankful for all the people involved also the contributions provided to make this event possible. It makes for a healthier community," said Longmire. AAHEC is a district program of Los Medanos Community Healthcare District.