



## The King Center and Aetna Host A Health & Wellness Forum

**Saturday, January 10, 2009, 11:00 A.M. – 4:00 P.M. – open to the public**

The King Center Auditorium – Atlanta, GA

The Health and Wellness Forum will provide information, education and services to empower people in the areas of health, wellness and nutrition to address disparities in our communities. The Forum will address Childhood Obesity, Diabetes, HIV/AIDS, Asthma and other health disparities and will target Youth K-12, adults, educators and community leaders from Metro-Atlanta and Macon, Georgia including the following counties: Atlanta Public Schools, Clayton County, Cobb County, DeKalb County, Fayette County, Fulton County, Gwinnett County, Henry County and City of Macon, GA.

The goal of the Health and Wellness Forum is to: Serve as a leading resource for health information, education and wellness; Address health disparities and empower people with new knowledge to take control of their personal health; Convene a team of professionals with a broad spectrum of views on health, wellness and nutrition to promote more informed decision making; Foster diverse dialogue in an educational setting to empower students, adults, educators and community leaders; Inspire learning about issues that impact health, wellness and quality of life toward the advancement of community involvement and leadership around those health issues.

### **Confirmed Companies/Organizations/Individuals:**

Aetna	Elder Bernice A. King, BE A King, Inc.
CDC	Dr. Leroy Graham, Pediatric Pulmonologist
C.H.O.I.C.E.S.	Dr. Ann-Marie Brooks, Pediatric Pulmonologist
Merck & Co., Inc.	Dr. Valarie Beckles, Morehouse School of Medicine
The Atlanta Falcons	Department of Health and Wellness, Fulton County
The Atlanta Hawks	Mercer University
The Atlanta Thrashers	VSNS, Inc.
Chef Marvin Woods	Atlanta Public Schools
Sickle Cell Foundation	Andrew and Walter Young YMCA
The Everest Institute	Butler Street YMCA
West End Medical Center	Diabetes Association of Atlanta
Hands on Atlanta	ANIZ, Inc.
Grady Health Systems	Gail Anderson, Morehouse School of Medicine
STAND, Inc.	Northside Hospital

### **I. TOWN HALL MEETING – Three Sessions:**

Moderated by Art Franklin, Journalist & Author

- 1) Health & Wellness Information and Education
- 2) Food/Nutrition/Wellness - Nutrition Education for Wellness
- 3) Physical Education/Recreation and Wellness

### **II. HEALTH & WELLNESS FAIR**

The Fair will provide nutrition handouts, fitness handouts, brochures, booklets, information and advice on a wide range of health related issues. Free testing and screenings will be available for the following:

- Cholesterol Level Testing
- Blood Pressure Screening
- Blood Sugar Screening
- Osteoporosis Screening
- Cancer Education
- Vision and Hearing Screenings
- Asthma Screening (youth & Adults)
  
- Lung Capacity Testing
- HIV/AIDS Testing
- Body Mass Analysis - BMI (Body Mass Index)
- Dental Screening
- Breast Cancer Screening
- Organ Donor Information
- Complimentary Chair Massage

### **III. The Children's Nutrition Education & Physical Activity Expo**

by C.H.O.I.C.E.S.

A health, wellness & nutrition event for youth (K-12)

**Special Guest:** Elder Bernice King, Be A KING, Inc., The Atlanta Falcons, The Atlanta Thrashers, and The Atlanta Hawks

**Venue:** The MLK, Jr. Recreation Center

For More Information Contact: Barbara Harrison at (404) 526-8911.