

## The Goal of This Symposium

People of color, particularly African Americans continue to experience a wide range of health risk compared to others. The reasons for this health gap are many. However, knowing your risk and learning about behaviors to avoid can improve your health and empower your life.

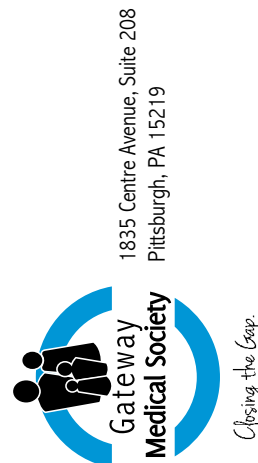
The goal of this symposium is to provide the community with the information and resources to help them get **Back to the Basics**. This will be accomplished through education and communication with healthcare and community experts. The symposium will have three main breakout sessions for Men, Women and Youth.

### Who Should Attend

Mothers • Fathers • Brothers • Sisters  
Teenagers • The Community

### Partners are:

Pittsburgh Black Nurses in Action  
Gateway Health Plan  
Allegheny County Health Department  
The Links Incorporated  
Obediah Cole Foundation  
Alpha Kappa Alpha Sorority, Inc.  
Alpha Alpha Omega Chapter  
Kappa Alpha Psi Fraternity, Inc.  
Pittsburgh Alumni Chapter  
Kappa Chapter, Inc. of  
Chi Eta Phi Sorority



## GATEWAY MEDICAL SOCIETY

presents

*Gateway to Wellness:*

*Back to  
the  
Basics*

Saturday  
June 4, 2016

7:30am to 2pm

Herberman Conference Center  
UPMC Shadyside Hospital Campus

5150 Centre Avenue, 2nd 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: Back to the Basics



## Adult Program

### Woman to Woman

(Women Only)

This year the workshop will review all the components of health that will make you fit; it will also provide answers to getting you there. It will discuss healthy eating, exercises, mental health and diseases that plague women and provide solutions you can live by.

## We Are Our Brother's Keeper (Men Only)

This workshop will explore how the mental complexities of life affect your daily living. The men's closed session will be in a room renamed "VEGAS". What happens in Vegas stays in Vegas!

## Youth Program

### Health On/Off the Playground

The Youth Program will explore how to be healthy both on and off the field. It will discuss issues that affect the eating, exercise and mental health of today's youth.

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UPMC LIFE CHANGING MEDICINE

## Community Discussion

**Live Well Allegheny**  
Karen Hacker, MD, MPH  
Director, Allegheny County Health Department

**Healthy Eating & Meal Preparation**  
Stephanie Nardiello, RDN, LDN  
Wellness Coordinator,  
American-Healthcare Group, LLC

**Tobacco: Cessation, Prevention & Education**  
Brittany Huffman  
Program Assistant, Tobacco Free Allegheny

**Finding Your Inner Joy**  
Taheera Tucker, M.S., R.Y.T.  
Director Health & Wellness Programs  
Urban Community Prevention (UCP)

**No One is Healthy if They are Hungry**  
Charlene H. Newkirk, JD  
South Campus President,  
Community College of Allegheny County

**The Y's Impact in the Community**  
Michelle Smiley  
Membership Director, Thelma Lovette YMCA

**Women's Workshop**  
**Healthy Lifestyle Choices**  
Margaret Larkins-Pettigrew,  
MD, MEd, MPPM, FACOG  
The Links, Inc.

**Men's Workshop**  
**Back to the Basics of Mental Health**  
Rev. Richard Freeman  
Pastoral Services  
Children's Hospital of Pittsburgh

**Finding Your Inner Joy**  
B. Orlando Minniefield, LPC  
Adaptive Behavioral Services

**Getting to the Root of the Health Care Crisis**  
Edward James, MD, MBA

**Youth Workshop**  
**Journey to Medicine Talk Show**  
Journey to Medicine  
12th Grade Students

**Healthy Relationships**  
Chris McAneny  
Founder and Executive Director  
3E Now

**Sports Injuries: A Real Game Changer**  
Journey to Medicine  
9th Grade Students

# Gateway to Wellness: Back to the Basics

## REGISTRATION FORM

**Adult Program:** \_\_\_\_\_ Male \_\_\_\_\_ Female

The Adult Program includes attendance for the following sessions:

- **Woman to Woman** (Women Only)
- **We Are Our Brothers Keeper** (Men Only)

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

The Youth Program includes attendance for the following sessions:

- **Sports Injuries: A Real Game Changer**
- **Healthy Relationships**
- **Health On and Off the Playground/Field**

Some of the material or information may be sensitive in nature

\_\_\_\_\_  
Name Age

\_\_\_\_\_  
Address

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

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

\_\_\_\_\_  
Phone

## Lunch Selections (select one)

- [ ] Turkey Sandwich [ ] Ham Sandwich [ ] Roast Beef Sandwich  
[ ] Tuna Sandwich [ ] Roasted Vegetable Sandwich

Register online at [www.gatewaymedicalsociety.org](http://www.gatewaymedicalsociety.org) or by telephone: 412-281-4086,  
fax:412-281-4789 or return form to the Gateway Medical Society office  
1835 Centre Avenue, Suite 208, Pittsburgh, PA 15219 by **May 27, 2016**

*This program will be videotaped and photographed and the use of the images is the sole discretion of Gateway Medical Society. If you wish not to have your images used, please inform us in writing.*

Gateway Medical Society  
1835 Centre Avenue, Pittsburgh, PA 15219  
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Helen A. Davis, MD, FACS, Vice-President, GMS  
Anita Edwards, MD, MBA, Program Chairman