

Thank You To Our Participating Organizations

Black Health Alliance
blackhealthalliance.ca



Heart and Stroke
 Foundation of
 Ontario
heartandstroke.ca



TAIBU Community
 Health Centre
taibuchc.ca



Black Coalition for
 AIDS Prevention
black-cap.com



Africans in
 Partnerships
 Against AIDS
aapa.ca



AIDS Committee
 of Durham
aidsdurham.com



Women's Health in
 Women's Hands
whiwh.com



Ontario Sickle Cell
 Association
sicklecellontario.ca



Canadian
 Cancer Society
cancer.ca



Toronto
 Public Health
 Peer Nutrition
 Program
toronto.ca



Substance Abuse
 Program for African
 Canadian and
 Caribbean Youth
 A program of CAMH
camh.net



New Heights
 Community
 Health Centre
newheightshealth.org



African Caribbean
 Kidney Association
africanibkidneycare.org

Canadian Diabetes Association
diabetes.ca
 Caribbean Chapter of
 Canadian Diabetes Association



"If we all cross the river together, the alligators won't bother us"
 ~ African proverb.

The African Heart Beats Health & Wellness Village



Everything you wanted to know about...
 diabetes, cancer, high blood pressure, heart disease,
 mental health, HIV and AIDS, substance use, addictions,
 but was afraid to ask.

- When you participate in...
- Reggaerobics • So You Think You Can Limbo
 - World Cup Soccer Challenge • Bollyfit
 - Grey Power, Over 50 Hula Hoop
 you could win a prize.

Plus, FREE Blood pressure and diabetes screening!

Working in Partnership to Advance the Health and
 Well Being of the Black Community

www.blackhealthalliance.ca

Black Health Alliance



Our Greatest Wealth is Our Health

Nothing impacts the quality of life more than our health and well being. We all desire good health and deserve excellence in health care. To be strong, whole, with sound body, mind and spirit.

Sadly there are many chronic diseases and conditions that affect Black people at higher levels than other communities. The African Heart Beats Health & Wellness Village addresses some of these conditions and showcases many of the community health organizations serving our diverse Black communities.

Let's Make Healthy Living Fun

Leading a healthy lifestyle does not have to be boring or difficult. Participate in the Edutainment Program: Hula Hoop if your over 50, show your FIFA World Cup skills with our soccer juggling contest, or test your flexibility in So You Think You Can Limbo.

While your having fun you will learn everything you always wanted to know about... and was to afraid to ask.

The Black Health Project

The African Heart Beats is one component of the larger Black Health Project which includes the Black Pulse Report, Black Health Challenge, Beat D'Island Rhythm 5 miler and 5 Km run/walk and The State of Black Health in Ontario Conference. To find out more about the Black Health Project please visit blackhealthalliance.ca

Together we can improve health outcomes, promote health and well being for people from the diverse Black communities in Canada with emphasis on the broad determinants of health, including racism.



Health & Wellness Village

Edutainment Program

Entertainment	Health Education	Time
Grey Power, Over 50 Hula Hoop Contest	Women's Health Ask the Expert/Survivor of Breast/Colon/Lung Cancer	2 pm
Reggaerobics	Youth/Family Feeding Young Souls	3 pm
For Men Only, World Cup Soccer Juggling Contest	Men's Health Ask a Survivor Type 2 Diabetes	4 pm
Bolly Fit	Youth Health Ask a Survivor Sickle Cell Disease	5 pm
Socacize So You Think You Can Limbo	Everything you wanted to know aboutbut was afraid to ask.	6 pm

Other Features of the Village	Time
Blood pressure and diabetes screening	2 pm – 7 pm