



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



BHIA

Black Health Alliance



The Black Health Alliance (BHA) is a non-profit community based organization consisting of community organizations, health professionals and community members working in partnership to advance the health and well-being of the Black community.

Our vision is for people from the diverse Black communities in Canada to experience optimal health and well being. The Black Health Alliance engages in health promotion, community capacity building, community-based research and development of best practices in health care.

The Black Health Alliance in Partnership with the Heart and Stroke Foundation of Ontario presents

The African Heart Beats



A Spotlight on Heart Disease and Stroke in Toronto's Black Community

Edutainment Fundraising Dinner & Dance
"Healthy living is fun"



Fine cultural cuisine



Cooking demo



This is a Wear Something Red Affair to increase awareness of heart disease and stroke among women



Featuring champion for the cause
FARLEY FLEX

Dutch auction



Music & Drumming



Friday, March 20, 2009

Reception: 6:30 pm • Festivities: 7:30 pm

Jamaican Canadian Association, 995 Arrow Road (North York)

Tickets: \$50 before Mar. 6th • \$60 after

For tickets and info: www.blackhealthalliance.ca or call 416.361.3208



The Black Health Alliance in Partnership with the Heart and Stroke Foundation of Ontario presents

The African Heart Beats



A Spotlight on Heart Disease and Stroke in Toronto's Black Community

Community Forum

"Empowering people of African descent to put their hearts into preventing heart disease and stroke"

Blood Pressure/Blood Sugar Screening • Community Marketplace

Workshops

- Dining Fine When You Don't Have the Time (or Money)
- Dance Like Nobody's Watching
- Walk, If You Can't Run
- CPR Anytime
- Heart Matters
- Winning the Battle Against Stress

For Youth Only

'And the Beat Speaks'
Facilitator: Farley Flex



Saturday, March 21, 2009

Registration: 10 am • Program: 11 am – 7 pm

Tropicana Community Services,

670 Progress Avenue, Unit 14 (Scarborough)

FREE Family Event!

For information: www.blackhealthalliance.ca or call 416.361.3208



Thank You to Our Event Sponsors



Heart Disease and Stroke

Heart disease and stroke are leading causes of illness, disability and death in Canada which causes an increase in personal, community and health care costs.

According to the Heart and Stroke Foundation, it will impact the lives of almost 70% of Canadians in some way.

People of African descent are more likely to have higher rates of high blood pressure and diabetes and are therefore at greater risk of heart disease and stroke than the general population.

The *African Heart* Beats

is one part of an **on-going** strategy directed at mobilizing people from the diverse Black communities to experience optimal health and well being.

Together, we can influence lifestyles and encourage healthy living through effective health promotion strategies, community capacity building, relevant research and education, and working with government and health agencies.

Thank You to Our Fundraising Sponsors

Platinum Sponsor



We measure our success not only by Foresters financial strength, but also by the positive impact we have on our members' communities and the children who represent our future.

Thank You to Our Fundraising Sponsors

Platinum Sponsor

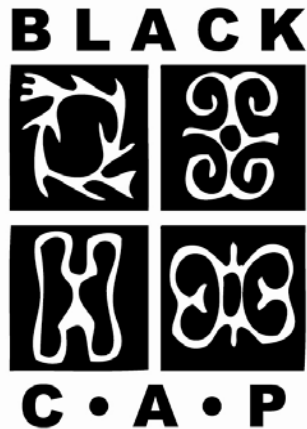


The Heart and Stroke Foundation of Ontario is a volunteer-based health charity. The mission of the Heart and Stroke Foundation is to eliminate heart disease and stroke, and reduce their impact through the advancement of research, the promotion of healthy living, and advocacy.

Put your heart into health.

Thank You to Our Fundraising Sponsors

Silver Sponsor



An AIDS service organization that provides supportive counselling to African and Caribbean people living with HIV and assist them with accessing a variety of services like: housing, emergency assistance, health care, immigration services. It conducts free HIV prevention and education workshops across the city in an effort to educate Toronto's Black people on the impact of HIV/AIDS on its communities.

Thank You to Our Fundraising Sponsors

Silver Sponsor

African Canadian Diabetes Prevention Program (ACDPP) and the African Canadian Heart Health Education Program (ACHHEP) programs provide health promotion and chronic disease prevention in the African Canadian community through healthy eating, and healthy lifestyles education projects.



ACDPP

ACHHEP

Thank You to Our Fundraising Sponsors



Silver Sponsor

Providing Family-Focused, Community-Based Programs Since 1988



BNRC Mission

"We are working towards enriching the quality of community life in the city of Brampton, as it is experienced by individuals and families in a culturally diverse community. BNRC operates through the utilization of strong, proactive locally-based community support systems, leadership, programs and the provision of settlement services for newcomers to Canada."



BNRC Programs Include

- Youth Program
- Settlement Services
- Ontario Early Years (OEYC)
- Family & Community Services
- LINC

(Language Instruction for Newcomers to Canada)



In 2008, BNRC had more than 160,000 client contacts, touching the lives of 2 out of every 5 people living in Brampton.

www.bnrc.org

Thank You to Our Fundraising Sponsors

Silver Sponsor

**TAIBU is a greeting in Swahili
that means
“Be in Good Health.”**



The TAIBU Community Health Centre promotes health and wellbeing by providing comprehensive primary healthcare to the people of Malvern with a complimentary aim of delivering specialized services for the Black community.

Now accepting new clients.

Thank You to Our Fundraising Sponsors

Silver Sponsor

CONGRADULTION ...and Thank youTAIBU



architects

we believe

Simplicity is what we believe in.

We strive for an architecture of Body, Mind & Soul



BODY



MIND



SOUL

Thank You to Our Auction Donors

African Drums and Crafts

www.africandrumsandcrafts.com

Chemage Dance Studio

www.chemagnedance.com

Creative Presentations Beverley

Johnsoncreativepresentation@rogers.com

Cultural Expressions Art Gallery

Esther Forde

www.culturalexpressions.ca

The Entre Nous Groupe

theentrenousgroupe@rogers.com

Morgan Chiropractic & Wellness

www.mcw4life.com

New Flow 93.5FM

www.flow935.com

ReelWorld Film Festival

Reel World Foundation

www.reelword.ca

Stratford Theatre

1-800-567-1600 or 519- 273-1600

Traditional Chinese Medicine

Sayeeda Hosein-Silochan, BA,CMD,DAC

www.tcmhealth.ca

Images of The Edutainment Fundraising Dinner



MC, Farley Flex



Minister of Health Promotion, Margaret Besant



Dr. Christopher J. Morgan,
Chair, Black Health Alliance



Nickey Alexiou, Heart and Stroke Foundation of Ontario, Vice President,
Human Resources and Volunteer Management



Audrey Campbell

President, Jamaican Canadian Association





Baro Dununba









Dr. Sandra Romano Anthony,
Nutritionist



Chef, Victor "Tipper" Henry







Thank You to:

The *African Heart* Beats Planning Committee

BHA Research & Education Committee



BHA Volunteers

See you tomorrow at the Community Forum,

Empowering people of African descent to put their hearts into preventing heart disease and stroke.

Forum Workshops

Heart Matters

Dining Fine When You Don't Have the Time (or Money)

If You Can't Run, Walk

Winning the Battle Against Stress

Dance Like Nobody's Watching

CPR Anytime Demonstration

Blood Pressure Screening

Blood Sugar Screening



Facilitated Discussions



For Youth Only
Workshop ~
And The Beat Speaks

And,

Let's Talk About
Being Well and
Staying Well.



Images of The Community Forum



Dining Fine When You Don't Have the Time or Money



Heart Matters: Hypertension and Heart Disease in Blacks



If You Can't Run, Walk.

Who
Wants to
Be A Food
Expert?



Dance Like Nobody's
Watching



BHA Upcoming Events



Black Health Alliance

BHAA

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



**BHA Members Meeting &
"Let's Talk About" Speaker Series**

**"HIV and Stigma in the
Black Community"**

**Monday, April 27, 2009
6:30PM – 8:30PM**

**Foresters Convention Centre
789 Don Mills Road, Toronto**

**BHA Annual General Meeting,
Brunch & Dialogue**

**"The State of Health in
Black Canadians"**

**Sunday, June 21, 2009
1:30PM – 5:30PM**

**Foresters Convention Centre
789 Don Mills Road, Toronto**

How can we help you?

Look us up.

www.blackhealthalliance.ca

416.361.3208

**Visit the Black Health Alliance
Facebook group**

The OGIS Branch of Hope Network and Support Services • Black Coalition for AIDS Prevention (Black CAP) • Detroit Style Call Association • Caribbean Chapter of the Canadian Diabetes Association • CANADOC's Substance Abuse Program for African Canadian and Caribbean Youth (a program of CANMH) • African Canadian and Caribbean Diabetes Prevention Program • African Canadian Heart Health Education Program • Toronto Public Health • TABU Community Health Centre • Health Professionals • Community Leaders • and YOU...Join us.

*Thank You For Your Support
Sincerely,
Black Health Alliance*