



## Highlights from the 2006 Central Harlem Health Revival Week

The flagship event of the Central Harlem Health Revival is a week-long annual program to promote health awareness and healthy lifestyles that had its inaugural launch September 24-30, 2006.

The events included:

**Sunday** - (1) A Health Walk from the State Office Building to the 369<sup>th</sup> Armory. Over 300 people walked from the Harlem State Office Building to the Armory on 143<sup>rd</sup> Street.



(2) A Health Rally at the Armory. Dr. David Satcher, former U.S. Surgeon General, gave the keynote speech and Dr. Mehmet Oz of Columbia University also spoke about the importance of health. Over 500 people attended the Health Rally.



*Dr. Satcher encouraged us to:*

- Stay healthy by increasing physical activity, reducing stress and stopping smoking
- Get involved in the community - learn about the civil rights movement and use civil rights to build a healthier community
- Get to know your neighbors - meet with people about healthcare issues, have a doctor you can trust and have your questions ready when you see him or her

Doug E. Fresh got the crowd moving



Throughout the week, the community came out to learn about some of the diseases that are killing our community, get screened for these diseases, and to participate in evening worship services.

- **Monday** - Diabetes at Canaan Baptist Church
- **Tuesday** - Cancer at Mother A.M.E. Zion Church
- **Wednesday** - Substance Abuse & HIV/AIDS at Memorial Baptist Church
- **Thursday** - Asthma, Allergies, and Lung Diseases at the Harlem Salvation Army
- **Friday** - Cardiovascular Disease and Stroke at Abyssinian Baptist Church



**Saturday**, Health Fair at State Office Bldg  
More than 80 vendors participated  
The day included entertainment and door prizes



The 2nd Annual Central Harlem Health Revival Week will be held: Sept. 23-29, 2007  
*Please Join Us!*

# BE A PART OF THE CENTRAL HARLEM HEALTH REVIVAL!

The goal of the Central Harlem Health Revival is to:

- Motivate Central Harlem residents to adopt healthier lifestyles
- Provide tools and information to empower community residents to advocate for themselves and to learn more ways to take better care of their health
- Raise awareness of the need to focus more health resources and interventions for the Central Harlem community
- Bring the holistic message of body, mind, and spirit into practice

In addition to the week-long program in September, CHHR will sponsor seminars on obesity and other health topics throughout the year.

*Here's what you can do to participate:*

## Houses of Worship

- Send a representative to participate in planning and implementing CHHR events
- Sponsor a health initiative
- Encourage your members to participate in CHHR events
- Offer health messages from your pulpit
- Let CHHR know about your health-related events so we can post them on our website

## Health Care Agencies

- Participate in one or more CHHR health initiatives by providing screenings, materials, giveaways etc.
- Encourage your patients/staff to participate in the events
- Post CHHR flyers and information in common areas

## Businesses

- Support CHHR by donating funds to help defray costs or donating goods for raffles or food or beverages as refreshments for CHHR events
- Display CHHR flyers and posters in your place of business

## Community Members

- Attend CHHR events
- Tell your friends about CHHR events
- Join a committee to help plan CHHR events
- Volunteer at events to help with registration, passing out materials, security, seating, etc.

[www.centralharlemhealthrevival.org](http://www.centralharlemhealthrevival.org)  
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