



TAKE CHARGE OF YOUR HEALTH!

For the past three years, hundreds of Harlemites have participated in the Central Harlem Health Revival's (CHHR) Health Revival Week to promote health in the Harlem community



This year we have a new structure:

Sunday, September 27, 2009

2:00 p.m. – Health Walk

Starting at 155th St. & 8th Ave. and walking to the plaza of the State Office Building on 125th St. and 7th Ave. stop outside 3 houses of worship for quick tips on healthy living

TO A ...

Health & Wellness Fair on the Plaza

For those who do not intend to walk, the Fair will begin at 1:00 p.m.

The Health Walk program will begin at 3:00 p.m.

- ▶ Get information on staying healthy
- ▶ Get important health screenings
- ▶ Check out the Health Exhibits
- ▶ Enjoy music and performances

Thursday, October 1, 2009

7:00 p.m. – Ecumenical Worship Service

Join us to lift up health in Harlem at
Ephesus Seventh Day Adventist Church
101 W. 123rd St. (at Lenox Ave.)

Saturday, October 3, 2009

10:00 a.m. to 3:00 p.m. – Health Conference

1:00 p.m. to 4:00 p.m. – Health Fair

at Minisink Townhouse, 646 Lenox Avenue (at 142nd St.)

Featuring: seminars on Diabetes, Heart Disease, Stroke, Cancer, Asthma, HIV/AIDS, Substance Abuse, Youth Violence, and Maternal/Child Health

Health Screenings and Information Tables

To register for the conference, email stop_obesity@yahoo.com,
or call 646-345-5235

Come help the Central Harlem Health Revival lift up Health in Harlem!

The Central Harlem Health Revival (CHHR) was created to promote a spiritual renewal in the Harlem community's commitment to living healthy lives

For more information, email stop_obesity@yahoo.com, call 646-345-5235
or visit www.centralharlemhealthrevival.org



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Office of the Stroke Initiative, Room 16106, Harlem Hospital Center, 506 Lenox Avenue, New York, NY 10037