

The 2005 Bay Area African American Health Summit's Faith Based Health Institute invites you to join the Faith Based community on

**Friday, April 8, 2005**  
**9:00 am – 3:30 pm**  
**Downs United Methodist Church**  
**6026 Idaho Street**  
**Oakland, CA**



**Featured Speaker:**  
**Dr. Brenda Wade**  
of Heartline Productions is a psychologist, feature writer for Essence Magazine, and host of "Black Renaissance" on the UPN Network.

# From Disparity to Vitality: Congregations as Centers of Wellness

## Practical Workshops

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- **Health Ministries Tool Kit**  
Alta Bates Summit Health Ministry Program
- **Stomp out Stroke**  
American Heart Association
- **Redefining Policies, Attitudes, Congregational Culture**  
Downs Memorial UM Church
- **Body and Soul; Health and Living**  
American Cancer Society

## Power Lunch with Bernard Tyson

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Senior Vice President, Kaiser Permanente

Learn how you can bring **FREE** health workshops, presentations and resources to your congregation and faith community.

- **Power over Diabetes** – Diabetes prevention and management
- **A Clean Heart/Heart of Diabetes** – Heart disease and diabetes
- **Fit for the Master's Use** – Activities for life physical activity (heart disease and diabetes)
- **Eat Heart Smart With Soul; Oh, Taste and See** – Nutrition (heart disease and diabetes)
- **Healthy Living** – Keeping a healthy temple, organ donation
- **Too Blessed to be Stressed** – Effective stress management
- **Lift Every Voice** – Health advocacy and faith education



Bay Area African American Health Initiative

8:30 am registration and light breakfast

Registration Cost: \$10 per individual for Lunch Teams of 5 – \$40

Space is limited. Please RSVP to Downs Memorial UM Church at (510) 654-5858 x10

Sponsoring Organizations: Alta Bates Summit Health Ministry Program; American Heart Association; American Cancer Society; Alameda Co. Public Health Department; Bay Area Black United Fund; Downs Memorial UM Church; Geneva D. Clay – Fit to Serve Gospel Aerobic and Fitness; The San Francisco Foundation FAITHS Initiative; St. Rose Hospital Health Ministry Program