

FREE HEALTH SCREENINGS, PRIZES, BREAKFAST & LUNCH

OUR VOICE, *Our Wellness*

ADVOCATING FOR A HEALTHIER TOMORROW

BHM
BLACK HEALTH
MATTERS.COM®

SPRING 2025
HEALTH
SUMMIT
& EXPO
A HYBRID EVENT

WASHINGTON, DC

APRIL
12

SAT. 8:00 AM - 3:00 PM

**UNIVERSITY OF
THE DISTRICT OF
COLUMBIA
STUDENT CENTER**

4200 CONNECTICUT
AVENUE NW
WASHINGTON, DC
20008

BLACKHEALTHMATTERS.COM



Everything that motivates us starts with you

Patients are at the center of all we do.

At Merck, we embrace the opportunity to engage with patients and include patient perspectives in our pursuit of better health outcomes.



OUR VOICE, OUR WELLNESS...ADVOCATING FOR A HEALTHIER TOMORROW!!!

Thank you for joining Black Health Matters (BHM) for our Spring 2025 Health Summit & Expo! BHM is committed to raising awareness of chronic diseases that plague our community. We want you to know, and understand, the risk factors and treatment options so you can feel empowered on your health journey. BHM does this by bringing educational programs like our award-winning health summits and expos directly to you, because, the truth is, information is power!

The United States has the most advanced medical technology in the world and spends more on health care than any other country. Yet the health outcomes of Black Americans are, by several measures, on par with those of people living in far poorer nations. The good news is that we have the Affordable Care Act which provides an institutional path that gives us access to better care and puts us more in charge of our own health. We are now entitled to preventive services such as mammograms, Pap tests and more. If we get sick, we'll no longer need to worry about our policies being cancelled - it is our right to be covered.

You are here today because you are inspired. You are taking steps that will separate you from so many who are being defeated by the healthcare system in the United States. You can break it down to three things:

1. The clarity of the vision that you desire and deserve to be healthy. **2.** The courage of your conviction to seek the best care possible. **3.** The ability to effectively work toward these goals.

Taking care of ourselves, over a lifetime, requires that we adopt a holistic approach with healthy eating habits and preventative care. Starting early can ensure a healthier life, and it's never too late to start! Use the BHM Summits and Expos to help celebrate your journey to wellness. Dance and dine with us, speak with healthcare professionals and health navigators, listen to informative presentations, and be screened for the chronic conditions that impact us most.

You've made a commitment to living your best life. Continue to be the change that you want to see, because #blackhealthmatters.



ROSLYN YOUNG-DANIELS
FOUNDER & CEO



LESLIE GARCIA-FONTENOT
VP, MANAGING DIRECTOR



DEDRA N. TATE
EXECUTIVE PRODUCER &
VP, EVENT PRODUCTION



LINETTE ROACH
EXTERNAL RELATIONS
DIRECTOR

TIP #1

Get Regular Medical and Dental Screenings

Adopt the habit of visiting your healthcare provider for preventative health visits. They should include physical examinations, tests for disease or other health problems, and dental screenings.

TIP #2

Keep Track of Your Health Numbers

It is vital to know your health numbers and the ranges considered healthy, whether you have been diagnosed with a chronic disease or not. The most important things to know are:

- **Blood Pressure:** A normal reading is 120/80 or less. If you have been diagnosed with hypertension, aim for a number lower than 130/80.
- **Hemoglobin A1C:** If you do not have diabetes, it should be less than 5.7%. If you have diabetes, it should be less than 7%.
- **Cholesterol:** Your total cholesterol should be below 200, with your HDL, aka your good cholesterol, above 60, and your LDL, aka bad cholesterol, below 100.
- **BMI (Body Mass Index):** Anything under 25 is considered healthy; 25–30 is overweight, and over 30 would be obese. (While this number alone cannot give you a complete picture of your weight, it should be looked at alongside waistline and body fat for a more accurate picture.)

TIP #3

Know Your Family Health History

Do you know the diseases and health conditions that run in your family? There are some chronic diseases where genetics increase the likelihood of you developing the condition. Interview elders on both sides of the family who are still alive to gather any details they can share. Make a list of family members, any major medical conditions, when they were diagnosed, and their cause of death.

TIP #4

Stay Active

Get moving to improve your health with a combination of cardio, aka activity that gets your heart pumping—walking, biking, or dancing—and muscle-strengthening exercises with weights, bands, or moves like squats or push-ups.

TIP #5

Eat a More Colorful Diet

Incorporate more vegetables into your diet, including dark, leafy choices including broccoli, collard and mustard greens, kale, spinach, and dark lettuce; orange and red veggies like acorn and butternut squash, carrots, red bell peppers, sweet potatoes, and tomatoes.

WASHINGTON, DC

AGENDA & EVENT PROGRAM

BLACK HEALTH MATTERS is a leading communications company that provides inclusive health and wellness information that is rooted in medical expertise to the Black community. How do we do it? We partner and collaborate directly with top physicians, community advocates and health companies to host free virtual events and share articles to help raise awareness on risk factors and chronic diseases that disproportionately impact Black Americans. Our ultimate goal is to help Black Americans cut through the confusion and feel empowered on their health journey.

Now more than ever, it's important to bring topics of Black healthcare that have been historically disregarded to the forefront. That's why we're so excited to invite you to our Spring 2025 Health Summit & Expo (it's in person and streamed live!) with the aim of helping you take better care of yourself, your loved ones, and your community.

SUMMIT OBJECTIVES

- 1** Feature informative yet dynamic presentations and conversations on relevant health conditions and diseases, with world class healthcare professionals that focus specifically on the medical disparities that affect Black Americans.
- 2** Provide a safe space for medically underserved individuals to voice their opinions, concerns, experiences and act as a catalyst for radical change within health focused spaces.
- 3** Empower patients, advocates and caregivers by providing them with the most up-to-date information on various chronic conditions - including treatment options and clinical trials - so they will better understand how to identify risk factors that directly impact them and their community.
- 4** Amplify the reach of this rich educational information by providing access to the content (videos, articles, etc.) on all platforms post-Summit.



**Vertex creates new possibilities
in medicine so people with serious
diseases can live better lives.**

We work with leading researchers, doctors,
public health experts and other collaborators who
share our vision for transforming the lives of people
with serious diseases, their families and society.

We're proud to support the
Black Health Matters Summit and Expo.

Learn more at vrtx.com

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OUR SPECIAL GUESTS



MARKY MARC
RADIO PERSONALITY & HOST
WKYS 93.9



LISA PRICE
FOUNDER & PRESIDENT
CAROL'S DAUGHTER



DASHAUN JOHNSON
AKA THE GURU OF ABS
FITNESS EXPERT & COACH

8:00 AM



Registration, Check-In & Breakfast Distribution

9:00 AM



Welcome Messages

Black Health Matters' Founder & CEO offers insight on BHM's mission and powerful call-to-action for the day.



ROSLYN YOUNG-DANIELS

9:15 AM



Workout with The Guru of Abs

SPONSORED BY
THE GURU OF ABS

The BHM Summit kicks off with a fitness session that will boost your energy.



DASHAUN JOHNSON
AKA THE GURU OF ABS

9:35 AM



Gynecological Health: What Black Women Should Know about Endometrial Cancer

SPONSORED BY
EISAI

Aggressive forms of endometrial cancer are more prevalent among Black women. Become educated with this important talk.



MONICA B. JONES,
MD, MSC, FACOG, FACS

10:10 AM



A Parent's Journey Navigating Asthma

SPONSORED BY
SANOFI-REGENERON

There is new information for people who suffer from asthma! Hear from our panel of experts.



MARY RUTH BREHMER
MODERATOR



ALLIE BOUTIN



LAJOY

10:45 AM



An Ounce of Prevention: How Nutrition Can Save Your Life

SPONSORED BY
MERCK

Hear how good nutrition can improve your health, help you battle chronic conditions and cancers.



CORYNNE CORBETT
MODERATOR



CHARMAINE JONES,
MS, RDN, LDN

11:20 AM



Joy Loves Company: Changing the Narrative from Trauma to Transformation

How letting go of the past, and the power of forgiveness, can help you heal deep wounds.



DR. BRUCE PURNELL

11:55 AM



Glow Up: Beauty, Fitness & Wellness from the Inside Out

SPONSORED BY
BHM

Aging is a natural and beautiful process. It's all about how you live, learn, love and look!



LISA PRICE
MODERATOR



ANNE BEAL,
MD, MPH



TYNEKA PACK

12:25 PM LUNCH DISTRIBUTION, VENDORS, & SCREENINGS 1:10 PM ATTENDEES RETURN TO MAIN ROOM

1:15 PM



Afternoon Workout With The Guru Of Abs

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THE GURU OF ABS

It is time for an afternoon energy boost.

1:35 PM



Check In, Don't Check Out: Guarding Your Mental Health with Intention

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How we think, feel and interact with the world around us is grounded in our mental health. Become intentional, today!



CORYNNE CORBETT
MODERATOR



GG RENEE HILL



LISA LOURY LOMAS,
PHD, NBCC, LCPC

2:10 PM



Breathing Techniques

Deep breathing can lower blood pressure and improve circulation, promoting cardiovascular health.



AYO HANDY - KENDI

2:20 PM

CLOSING REMARKS, RAFFLES PRIZE GIVEAWAYS, LEADERBOARD WINNERS & THANK YOU'S, VENDORS & SCREENINGS

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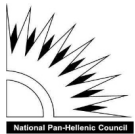
THANK YOU PROGRAM PARTNERS



THANK YOU MEDIA PARTNERS



THANK YOU COMMUNITY PARTNERS



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LESLIE GARCIA-FONTENOT / VP, MANAGING DIRECTOR
ANDREA COSGROVE / CORPORATE FINANCE
JAMES FIDDMONT / VP, HUMAN RESOURCES
JOYCE KENT / CORPORATE ADMINISTRATION

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NIKIA DAVIS-GREEN / ASSOCIATE PRODUCER
A.B. HARRIS / PRODUCTION MANAGER
JEANINE E. TATE / EVENTS TEAM COORDINATOR

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ASTEN MORGAN
ANNE O'BRIEN
JIAN RICE

BHM WOULD LIKE TO THANK VALERIE ROBINSON, ZILLAH WESLEY AND THE UNIVERSITY OF THE DISTRICT OF COLUMBIA (UDC) FAMILY, OUR SPRING 2025 HEALTH SUMMIT & EXPO SUPPORT TEAM INCLUDING EDWARD CHASE IMAGES, DANNI GRAYSON PHOTOGRAPHY, AVERI HARRIS, AVIAN HARRIS, HONOUR EDOUK, CHRISTOPHER HOLLEY, KRISTIN CUNNINGHAM, TIA STRICKLAND AND ALL THE VOLUNTEERS THAT HELPED MAKE THIS EVENT A SUCCESS!



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