



FOR IMMEDIATE RELEASE
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Healthy Living Taking Care of Your Temple Free Community Health Fair

Oakland, California - On Saturday, July 22, 2006, the Antioch Missionary Baptist Church, California Transplant Donor Network, and African American 5 a Day Campaign, in partnership with Beth Eden Baptist Church, Greater Cooper A.M.E. Zion Church, New Beginnings Missionary Baptist Church, St. John Missionary Baptist Church, and Taylor Memorial United Methodist Church will host the First Annual Healthy Living Taking Care of Your Temple Community Health Fair, as part of an effort to inform, educate and empower the community to adapt healthier lifestyle behaviors.

The health fair will take place on the 14th Block of Filbert in West Oakland, and feature entertainment, fun fitness activities for the whole family; including a double-dutch competition (with participants from local churches and community centers), a quarterback toss, hula hoop competition, nutrition decathlon, and much more. Information on how to eat right for better health and a healthy food demonstration will also be presented by well known Chef Leslie James founder of LCC Community Culinary Academy.

The Black Nurses Association and the Ethnic Health Institute will conduct free blood pressure, cholesterol, diabetes and prostate screenings.

"Beth Eden is in support of the health fair and diagnostic testing for all of the diseases that are applicable to the African American people; especially diabetes and prostate cancer.," said Rev. Ulysses Barton, Assistant to the Pastor of Beth Eden Baptist Church.

"I am so excited to be a part of this very important health fair and to partner with churches that are equally concerned about the health disparities in our community. I am confident that we all can assist in changing the alarming health statistics in our community, through education, advocacy and empowerment.," said Rev. David B. Gray, Pastor of Antioch Missionary Baptist Church.

There will also be information available on dental care, lead poisoning prevention, affordable health care, fitness, nutrition, mental health, alternatives to medicine, disaster preparedness, diabetes, cardiovascular disease and stroke, stress reduction, acupressure, cancer, health through art, environmental health, organic fruits and vegetables from Mo Better Foods, home ownership and fingerprinting for children by the Oakland Police Department. Great prizes will be awarded during this event.