

## THE GOAL OF THIS SYMPOSIUM

African-Americans continue to have a higher rate of chronic medical diseases than other ethnic groups. Some causes for this disparity that affect our health may be attributed to genetic make-up and other social determinates, such as food choices, housing and transportation. Many of us may lack the resources needed to address these issues to decrease our risk of developing diseases. However, we must take ownership of the responsibility for addressing our own health needs and be motivated to make changes toward achieving healthier habits and life-styles.

The goal of this symposium is to empower you with the tools to help yourself. We will address healthy nutrition, managing stressors, and physical movement through engaging activities and presentations.

## WHO SHOULD ATTEND

Mothers • Fathers • Brothers Sisters • Teenagers  
The Community

### Partners Are:

Gateway Health

The Links Incorporated

Alpha Kappa Alpha Sorority, Incorporated®

Pittsburgh Black Nurses in Action

Kappa Chapter, Inc. of Chi Eta Phi Sorority, Inc.



## GATEWAY MEDICAL SOCIETY

*presents*

GATEWAY TO WELLNESS

**Healthy  
Meals,  
Mind &  
Motion**



**SATURDAY, MAY 11, 2019 • 7:30am to 2pm**

**HERBERMAN CONFERENCE CENTER**

UPMC Shadyside Hospital Campus

5150 Centre Ave., 2nd Floor • Pittsburgh, PA 15232



*Closing the Gap.*

**FREE TO ALL**

Meals and Health Screenings will be provided free of charge. Parking is free.

**Tel: 412-281-4086**

# Gateway to Wellness: Healthy Meals, Mind & Motion



## Adult Program

The lack of good nutritional habits, denial that we have stressors in our lives, and the lack of physical movement, will continue to contribute to the development of chronic diseases. This program will offer tips and techniques to make better choices and motivate you to do what you already know. At the end of the day, we hope that you will leave with inspiration to make a difference in living a healthy life.

## Youth Program

Generation Z- Health in the Digital Era. Workshop topics will explore how to be healthy in mind, body and spirit.

## Healthy Meals/Good Nutrition

Research shows that eating a variety of foods with nutritional value is necessary to maintain a healthy body and mind. Making informed food choices that contribute to healthy life-long eating habits will be the focus of this informative discussion with nutritional specialists. Topics will include tips for planning and preparing balanced and nutritious meals; grocery shopping and decoding facts on food labels; choosing healthy alternatives for saturated fats, salt, and sugar; and bridging the relationship between diet quality and mental health, with physical activity.

## Healthy Minds

Stress is reducing the life expectancy of Americans with African Americans having the highest mortality rate in the country. One of our goals today is to identify and manage stressors through an interactive dialogue with healthcare experts. In addition, one in five Americans are living with some type of mental health condition. More than half of these individuals develop mental health conditions before the age of fourteen. There are no specific tests for mental health illnesses. However, recognizing some common warning signs in adults, adolescents and children can be the first steps to finding treatment options and improving the quality of life for all affected.

## Motion

We require motion to sustain life. Exercise is important not only for improving our health but also for preventing and reducing the risk of illness. Whether it's the gentle stretches of yoga, slow focused motion of Tai Chi, static chair exercises or high-impact aerobics, they all can improve our quality of life.

### Our Sponsors



### Gateway Medical Society

Lissa Issac, MD., President  
Chris Allen, MD., Vice President  
Rachel Toney, MD., Secretary  
Marvin McGowan, DO., Treasurer

## KEYNOTE SPEAKER

Charma D. Dudley, Ph.D. FPPR  
National Alliance on Mental Illness  
**Stress and Your Health**

## WORKSHOP PRESENTERS

- Roland Ford - **Motion: Make it a part of your everyday life**
- Journey to Medicine Students - **The Effect of Social Media on Mental Health**
- Deborah Gloster - **Yoga: It's not just a workout**
- Chef Claudy Pierre, Owner of Arnold's Coffee & Tea, LLC - **Mind-Full Minute: Good Eating, Making It Healthy!**

## COMMUNITY PANELISTS

Donnesha Slider, MD  
Board-Certified Adult, Child & Adolescent Psychiatrist, South Hills Integrated Psychiatric Services, P.C.

### Recognizing Stressors & Mental Illness in our Children

Lisa Pietrusza, CRNP  
Central Wellness Center

### Suicide: Signs, Symptoms and Resources

Monté A. Robinson, LPC, NCC  
Individual and Family Counselor, Nuin Center  
**Mental Health in African American Males**

### MODERATOR

Steven Evans, MD.,  
Immediate Past President, GMS



## REGISTRATION FORM

**Adult Program:** Year of Birth \_\_\_\_\_ ☐ Male ☐ Female

**Youth Program:** \_\_\_\_ Age of Young Person

This Symposium is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Some of the material or information may be sensitive in nature.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

### Lunch Selections (select one)

- [ ] Turkey Sandwich [ ] Ham Sandwich [ ] Roast Beef Sandwich  
[ ] Tuna Sandwich [ ] Roasted Vegetable Sandwich

Register online at [www.gatewaymedicalsociety.org](http://www.gatewaymedicalsociety.org)

or by telephone: 412-281-4086, fax: 412-281-4789

or return form to the Gateway Medical Society office

1835 Centre Avenue, Suite 208, Pittsburgh, PA 15219 by **May 1, 2019**

This program will be videotaped and photographed and the use of the images is the sole discretion of Gateway Medical Society. If you wish not to have your images used, please inform us in writing.