

**ALPHA KAPPA ALPHA SORORITY, INC.
THETA OMEGA CHAPTER/AKARAMA FOUNDATION, INC.
2016-2017
COMMITTEE REPORT TEMPLATE**

Committee Name: Target II: Health Promotion

Date of Report: Friday, February 12, 2016

Summary of Previous Activities:

The Health Committee hosted Fun Friday Fitness on February 5th for the Pink Goes Red for Heart Health Impact Day at the AKArma Community Service Center. The schedule of events included:

6:00-6:10 Introduction/Opening (Welcome Soror Bertina Power-Stewart, Basileus)

6:10-6:30 Dr. Marlon Everett, Ask the Cardiologist

6:30-6:45 Shanta Craig, BSN, AHA Advocate

6:45-7:25 Dr. Terry Mason, the Real Cause of Heart Disease

7:25-7:45 Cooking Demo with Chef and Dietitian, Eric Paul Meredith, RD

7:45-9:15 Stations with:

Cardio

- Ask the Dietitian with Eric Meredith
- Hands Only CPR and Blood Pressure with Illinois Heart Rescue, the Black Nurses Association, and Chi Eta Phi
- Ask the Pharmacists with Dr. Tiffany Scott-Horton from UIC School of Pharmacy
- Yoga, Soror Tonya Mattox
- Cardio

We had approximately 50 people in attended.

Upcoming Activities:

- Our next impact day is to work in collaboration with NAMI to raise awareness about mental health and the treatment/prevention of mental disorders in the African American community.

Recommendation/Action: N/A

Financial Report (if applicable)

Chairman's Signature