

**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:** Thursday, February 4, 2016

**Summary of Previous Activities:**

The goals for the 2016-2017 program year include to:

- Sponsor a “Pink Goes Red” activity in February to increase healthy heart awareness among Chapter members.
- Provide mini-seminars at two Theta Omega Social Hours prior to Chapter meeting in March and April to encourage healthy eating and exercise.
- Host a "Health Professional in the House" series on diet, physical activity, medication adherence, mental health, and Alzheimers disease.
- Host hands only CPR training with Illinois Heart Rescue
- Participate in the AHA Awareness day
- Work in collaboration with the Alzheimer’s Association to host Longest Day caregiver support event.
- Work with local community organizations to create additional opportunities for healthy eating and physical activity (development of a farmers market or community garden, cooking demos, fitness classes or activities at the center, chapter walking groups)
- Conduct a Back To School Family Health Fair- September... Featuring: asthma awareness, stroke symptom awareness, high blood pressure screenings, school inoculations, school supplies, HIV/AIDS screenings and healthy food cooking demonstrations.
- Work in collaboration with NAMI to raise awareness about mental health and the treatment/prevention of mental disorders in the African American community.

**Upcoming Activities:**

In recognition of the Pink Goes Red for Heart Health Impact Day, we are hosting a Friday Fitness Fun day in collaboration with American Heart Association, February 5<sup>th</sup> at the AKarama Community Service Center.

The schedule of events include:

- 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

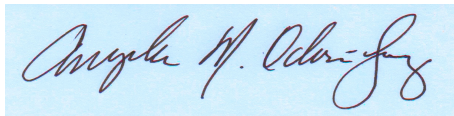
7:45-9:15 Stations with Cardio, Yoga, Ask the Dietitian, Hands Only CPR, Blood Pressure (3 sessions)  
9:15-9:30 Wrap Up

**Recommendation/Action:** N/A

**Financial Report (if applicable)**

We estimate the cost of the event will be approximate \$400-\$500

**Chairman's Signature**

A handwritten signature in cursive script, reading "Angela M. Adams-Joy", is displayed on a light blue rectangular background.