

On June 11, 2011 HHPC and the Central Harlem Health Revival cosponsored “Staying Well in Harlem” a Wellness Conference and Fair. It was held at the Lt. J.P. Kennedy Jr. Community Center.

The conference featured two noted health experts including:

- [Olajide Williams](#), MD, MPH discussing how to prevent strokes
- **Judy Wessler, MPH** and **Emmanuel L. Durham, MHSA** discussing the impact of NY State budget cuts on Medicaid

There were demonstrations by community practitioners focused on types of physical activity for a variety of fitness levels:

- [Robert Martinez](#), L.Ac., MSTOM
- [Monifa Maat](#), demonstrated the bed aerobic technique

The wellness fair provided key educational information and resources:

- Participants learned about eating more healthily including Information about reducing sugar-sweetened beverages and eating more fiber. Screening for Body Mass Index (BMI) and blood pressure were also provided

A delicious healthy breakfast and lunch were provided. The highlight at lunch was a keynote speaker:

- [Monique Hedmann](#), MPH, inspired participants with a spoken word performance and reminders about how we can make huge strides by making small changes in our everyday lives.

Entertainment inspired the participants before they left the event for the day:

- [IMPACT Repertory Theatre](#) made up of young people from our community, performed musical arrangements based on the principals of empowerment and leadership that the troupe promotes.