

For Immediate Release

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## ***The Effort* Observes National Minority Health Month (Free Health Fair to Promote Wellness & Health Education)**

In observance of (April's) **National Minority Health Awareness Month**, Sacramento non-profit agency, **The Effort**, will hold a free **"Fun Health Day"** at **The Effort South Valley Community Health Center (8233 E. Stockton Blvd.) on Wednesday, April 14<sup>th</sup>, from 2:30 to 4:30pm.**

The purpose of the "Fun Health Day" is to educate our patients and the community at large about improving their personal health and changing their bad health decisions.

--Hispanics have a prevalence rate of 32%, blacks have a 22% prevalence rate (women have much higher prevalence than men), and rates for Asians often conflict depending on the diagnostic criteria used for their specific ethnic group.<sup>[2,4]</sup> **.internet posting regarding metabolic syndrome** eMedicine, 2007.

"This is what we work and live for...to have a healthy community," said (Director) Marie Young, "We want these good habits to be generational."

South Valley Center healthcare providers, including doctors, nurse practitioners, and psychiatrists, will present health care information in a fun atmosphere. The operational word is fun!

Guests/patients will be encouraged to spin the **"Wheel of Wellness."**

Upon landing on topics such as - *The Meaning of High Triglycerides*, and *What is good and bad cholesterol?* contestants who correctly answer related questions (which will be posed by "moderator" Richard Fox, Nurse Practitioner at The Effort's South Valley Community Health Center), will be awarded **gift certificates and other door prizes. (Please see the attached flyer)**

All the "Wheel" topics will focus on avoiding the risks of metabolic syndrome, a collection of unhealthy symptoms, which can pose a threat of diabetes and hypertension, among other health problems.

Other presentations:

Free blood pressure screenings will be provided to those in attendance.

Psychiatrist Dr. Ken Weinstock will make a fun presentation on "How to stay mentally healthy"

Pediatrician Dr. Francisco Aguirre will present “What parents can do to avoid childhood obesity, typically a by-product of a sedentary lifestyle which can lead to adult metabolic syndrome.

The mission of National Minority Health Awareness Month is to improve and protect the health of racial and ethnic minority populations through the development of health policies and programs that will eliminate health disparities.

**theeffort.org**      **South Valley Community Health Center 368-3080**