**Run of Show**

Black Family Health & Wellness Experience

August 5, 2023

11am-5pm

Oakland Museum

The focus of this event is to address health concerns that disproportionately affect African Americans

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| 11am-11:05am | Opening Prayer  |
| 11:05am-11:20am | DJ Tabu  |
| 11:20 am-11:45am | Panel: Why healthcare is importantTopics covered:Access to health careHow to obtain insuranceHealth care disproportionately affects certain communitiesScreening recommendationsImportance of mental health care |
| 11:45pm- 12:00pm | Quiz Game: Why healthcare is importantw/ prizes |
| 12:05pm- 12:20pm | Bring the Peace Live Performer- Music |
| 12:25pm- 12:40pm | Bring the Peace Live Performer- Music |
| 12:40pm- 1:00pm | DJ Tabu |
| 1pm- 1:45pm | Group Activity: Workout w/ Samantha WDJ Tabu on the setw/ health practitioner: benefits of exercise  |
| 2pm- 2:30pm | Panel: Why physical healthcare is importantTopics covered:Common health concerns in the communityCancer awareness/ screeningHIV/ AIDS preventionDiabetesExerciseAcupuncture and herbology |
| 2:30pm- 2:50pm | Quiz: physical healthcare is importantw/ prizes |
| 3pm- 3:45pm | Healthy Cooking demonstrations w/ Sarah Germanyw/ health practitioner: Focus on healthy eating vs. dieting |
| 3:45pm- 3:55pm | Bring the Peace Live Performer- Poem |
| 4pm- 4:25pm | Panel: Mind Body Awareness/ stress managementw/ holistic practitionerTopics covered:Mental health and healing.Suicide preventionDomestic violence awarenessHealing from trauma  |
| 4:25pm- 4:40pm | Group Activity: Yoga/ Meditationw/ Sound Healing |
| 4:40- 4:50 | Bring the Peace Live Performer- Song |
| 4:50- | DJ Tabu |

**Tabler Focus:** address health concerns that disproportionately affect African Americans

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| **Tabler Type** | **Activities** |
| Cardiovascular Disease | Prevention and Care |
| Cancer | Prevention and Care |
| Diabetes | Prevention and Care |
| Obesity | BMI Tests |
| HIV/ Aids | Testing and Support |
| Mental Health | Awareness and Care |
| Relaxation Station | MassageAromatherapy |
| Health Care | Insurance sign up; Covered CA, Kaiser, etc. |
| Health Care | COVID careHealth screenings: blood pressure, glucose, bone density tests |
| Prenatal Care | Care. Alternatives |
| Elder Care | Care. Alternatives |
| End of Life Preparation | Life Insurance |
| Local Vendors & Practitioners |  |

**Healthcare Practitioners Networking, Fashion Show & Awards Ceremony**

August 5, 2023

6pm-9pm

TBD

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| **Time** | **Activity** |
| 6- 6:45pm | Mixer (Hors d'oeuvres  served)w/ Live Jazz Music |
| 6:45-7pm | Live Singingw/ Live Jazz Music |
| 7- 7:45pm | Fashion Show w/ Department Chairsw/ DJ Tabu |
| 7:45- 8pm | Live Singingw/ Live Jazz Music |
| 8- 8:40pm | Awards Ceremony |
| 8:40- 9pm | w/ DJ Tabu |