



Minority and Multicultural Health Month
September 2009 Calendar of Events

Take Control of Your Health

WEEK 1

Sunday Sept. 1, 2009	Monday Sept. 2, 2009	Tuesday Sept. 3, 2009	Wednesday Sept. 4, 2009	Thursday Sept. 5, 2009	Friday Sept. 6, 2009	Saturday Sept. 7, 2009
<p>*A.A.E. Program Mammography Screening 9:00am-3:00pm 20 Calvert St. East Orange Joana de Jesus 973-684-0388</p>	<p>*East Orange Dept. of Health & Human Services Minority & Multicultural Health Days 10:00am-3:00pm East Orange Farmers Market Central Ave. & Halsted St. K. Johnson 973-686-5450 ext. 5480</p>	<p>*U.S.V.E. Program Mammography Screening 9:00am-3:00pm University Hospital 90 Bergen St. Suite 4800 Newark Zella DeLuca 973-972-7007</p>	<p>*North Hudson Community Action Corp. Cholesterol Screening and Education 9:30am-12:00pm 8201 Broadway St. West New York Shela Nunez 201-866-6320 ext. 01</p>	<p>*Atlantic City Health Dept. Minority Health Month Prevention Day 10:00am-2:00pm Atlantic County Administration Building 1333 Atlantic Ave. Atlantic City Rhonda Fitzgerald 609-347-8442</p>	<p>Atlantic County Div. of Public Health Chronic Disease Prevention Health Fair 10:00am-12:00pm 301 South Shore Rd. Northfield Barbara Kennedy 609-645-5833</p>	<p>Community Development Center, Inc. Diabetes 9:00am-7:00pm ICAP Church 11 Glenwood Ave. Jersey City Rev. Jose C. Lopez 201-433-1123</p>

Working with health care experts, there are lots of things you can do to **Take Control of Your Health** the theme of this year's Minority & Multicultural Health Month. This theme encourages us all to learn as much as we can to live as healthy as we can.

Let's all work together to make New Jersey a model state in improving and managing our health. I encourage you to attend any of the more than 100 events that will take place throughout the state this month promoting healthy eating, healthy lifestyles and helping to build a healthy New Jersey.

Sincerely,
Joe S. Caproni
Governor

New Jersey is a state of diverse communities, and the Department of Health and Senior Services is committed to helping all residents live longer, healthier lives. During this year's Minority & Multicultural Health Month, we encourage everyone to **Take Control of Your Health** to prevent and better manage chronic diseases. Many New Jerseyans are dealing with the challenges posed by obesity, diabetes, asthma, cancer and other chronic diseases. Managing these conditions is difficult, but it can really save your life. Eating right, getting exercise, eliminating stress, getting regular checkups and taking medications as prescribed are important steps that you can take. Throughout the month, many community-based organizations and health care institutions are hosting events to inform, inspire and aid people in making healthy lifestyle changes. I plan to attend several events to highlight the importance of making these changes and of working in partnership with your health care profession. I encourage everyone to **Take Control of Your Health** during Minority & Multicultural Health Month.

Sincerely,
Heather Swanson
Commissioner of Health and Senior Services

Let's all work together to make New Jersey a model state in improving and managing our health. I encourage you to attend any of the more than 100 events that will take place throughout the state this month promoting healthy eating, healthy lifestyles and helping to build a healthy New Jersey.

Sincerely,
Joe S. Caproni
Governor

New Jersey is a state of diverse communities, and the Department of Health and Senior Services is committed to helping all residents live longer, healthier lives. During this year's Minority & Multicultural Health Month, we encourage everyone to **Take Control of Your Health** to prevent and better manage chronic diseases. Many New Jerseyans are dealing with the challenges posed by obesity, diabetes, asthma, cancer and other chronic diseases. Managing these conditions is difficult, but it can really save your life. Eating right, getting exercise, eliminating stress, getting regular checkups and taking medications as prescribed are important steps that you can take. Throughout the month, many community-based organizations and health care institutions are hosting events to inform, inspire and aid people in making healthy lifestyle changes. I plan to attend several events to highlight the importance of making these changes and of working in partnership with your health care profession. I encourage everyone to **Take Control of Your Health** during Minority & Multicultural Health Month.

Sincerely,
Heather Swanson
Commissioner of Health and Senior Services

Let's all work together to make New Jersey a model state in improving and managing our health. I encourage you to attend any of the more than 100 events that will take place throughout the state this month promoting healthy eating, healthy lifestyles and helping to build a healthy New Jersey.

Sincerely,
Joe S. Caproni
Governor

New Jersey is a state of diverse communities, and the Department of Health and Senior Services is committed to helping all residents live longer, healthier lives. During this year's Minority & Multicultural Health Month, we encourage everyone to **Take Control of Your Health** to prevent and better manage chronic diseases. Many New Jerseyans are dealing with the challenges posed by obesity, diabetes, asthma, cancer and other chronic diseases. Managing these conditions is difficult, but it can really save your life. Eating right, getting exercise, eliminating stress, getting regular checkups and taking medications as prescribed are important steps that you can take. Throughout the month, many community-based organizations and health care institutions are hosting events to inform, inspire and aid people in making healthy lifestyle changes. I plan to attend several events to highlight the importance of making these changes and of working in partnership with your health care profession. I encourage everyone to **Take Control of Your Health** during Minority & Multicultural Health Month.

Sincerely,
Heather Swanson
Commissioner of Health and Senior Services

WEEK 2

Sunday Sept. 8, 2009	Monday Sept. 9, 2009	Tuesday Sept. 10, 2009	Wednesday Sept. 11, 2009	Thursday Sept. 12, 2009	Friday Sept. 13, 2009	Saturday Sept. 14, 2009
<p>Overlook Hospital Latino Health Family Day 9:30am-5:00pm 99 Beauvoir Ave. Rau Catholic 908-525-8344</p>	<p>North Hudson Community Action Corp. Obesity Classes 9:30am-12:00pm 714 31st St. Union City Shelita Ray 201-866-6320 ext. 201</p>	<p>Monmouth County Health Dept. Free Pap Screenings for Women 9:00am-4:00pm Naplane Senior Mtg. Room 41 Davis Ave. Naplane Rd. Monroeville 732-431-7400</p>	<p>*Newark Dept. of Child and Family Well-Being School Bus Express Immunization Program 9:30am-4:00pm 110 Williams St. Newark Ms. Suter 973-753-7780</p>	<p>Atlantic County Div. of Public Health Hypertension 9:00am-12:00pm 201 S. Shore Rd. Northfield Barbara Kennedy 609-645-5833</p>	<p>St. Francis Medical Center Annual Convention Health Fair 9:00am-2:00pm 4700 Long Beach Blvd. Long Beach Island Camille D'Onofrio 973-971-5870</p>	<p>St. Francis Medical Center Annual Convention Health Fair 9:00am-2:00pm 4700 Long Beach Blvd. Long Beach Island Camille D'Onofrio 973-971-5870</p>

WEEK 3

Sunday Sept. 13, 2009	Monday Sept. 14, 2009	Tuesday Sept. 15, 2009	Wednesday Sept. 16, 2009	Thursday Sept. 17, 2009	Friday Sept. 18, 2009	Saturday Sept. 19, 2009
<p>Meridian Health Services Minority Health Month Screenings 11:30am-3:00pm Cherry Ridge Church Bridge Ave. Rau Catholic 908-525-8344</p>	<p>Memorial Hospital Diabetes Crossing the Color Line 11:30am-1:00pm 310 Woodlawn Dr. Salem George Gernand 856-339-6200</p>	<p>National Council of Negro Women, Inc. Free Pap and Cervical Cancer Screening 9:00am-3:00pm 295 Main St. Orange Evelyn S. Field 908-275-0289</p>	<p>Capital Health Basic Facts on Diabetes 11:00am-1:00pm 123 East Hanover St. Camden Mon. Alex. Smith 609-396-9565</p>	<p>Atlantic County Div. of Public Health Chronic Disease Prevention Health Fair 9:00am-3:00pm 731 Canton Ave. Newark Barbara Kennedy 609-645-5833</p>	<p>Healthy Mothers Healthy Babies of Essex, Inc. The Leaguers Inc. Annual Chronic Disease Prevention Health Fair 9:00am-3:00pm 731 Canton Ave. Newark Barbara Kennedy 609-645-5833</p>	<p>NJ State Conference of the NAACP Annual Convention Health Fair 10:00am-3:00pm Doubleside Hotel 200 African Dr. Somerset Rosalind Swainwright 732-751-9451</p>

WEEK 4

Sunday Sept. 20, 2009	Monday Sept. 21, 2009	Tuesday Sept. 22, 2009	Wednesday Sept. 23, 2009	Thursday Sept. 24, 2009	Friday Sept. 25, 2009	Saturday Sept. 26, 2009
<p>Save Latin America Family Culture and Wellness Center 11:30am-4:00pm Sullivan Park 3167 Bergen Blvd. North Bergen N.J. City 201-271-7474</p>	<p>Northern NJ Maternal/Child Health Consortium NIA 10th Annual Perinatal Obstetrics 8:30am-3:00pm WYCA Oral Health Pavilion 60 Twelfth Ave. Newark Kwesi Walker 856-659-6262</p>	<p>Camden Coalition Diabetes Diabetes Exchange 11:00am-1:00pm Fairview Village Family Practice 2961 Workship Square Camden Dr. Jeffrey Blanner 609-879-6169</p>	<p>Saint Clare's Hospital Allergies and Related Issues 7:00pm-8:00pm 9th Summit Mall Temple 14 John Terrace Parapony Guadalupe Carrero 973-960-3568</p>	<p>Hoboken, Union Medical Center Multicultural Health Fair 10:00am-12:00pm Assumption Hall Hoboken UMC 308 Willow Ave. Hoboken Mirra Calk 201-418-1482</p>	<p>Yonkers Regional Medical Association Manage Your Health and Live Well 12:00pm-1:00pm Carroll Apartments Conford Doris Landon 908-994-8916</p>	<p>Alpha Kappa Alpha Sorority Summit on Physical Fitness Healthy 800 11:00am-4:00pm 75 West Station Rd. Bridgeport Rona D. Pierce 856-447-9134</p>

Let's all work together to make New Jersey a model state in improving and managing our health. I encourage you to attend any of the more than 100 events that will take place throughout the state this month promoting healthy eating, healthy lifestyles and helping to build a healthy New Jersey.

Sincerely,
Joe S. Caproni
Governor

New Jersey is a state of diverse communities, and the Department of Health and Senior Services is committed to helping all residents live longer, healthier lives. During this year's Minority & Multicultural Health Month, we encourage everyone to **Take Control of Your Health** to prevent and better manage chronic diseases. Many New Jerseyans are dealing with the challenges posed by obesity, diabetes, asthma, cancer and other chronic diseases. Managing these conditions is difficult, but it can really save your life. Eating right, getting exercise, eliminating stress, getting regular checkups and taking medications as prescribed are important steps that you can take. Throughout the month, many community-based organizations and health care institutions are hosting events to inform, inspire and aid people in making healthy lifestyle changes. I plan to attend several events to highlight the importance of making these changes and of working in partnership with your health care profession. I encourage everyone to **Take Control of Your Health** during Minority & Multicultural Health Month.

Sincerely,
Heather Swanson
Commissioner of Health and Senior Services

WEEK 5

Sunday Sept. 27, 2009	Monday Sept. 28, 2009	Tuesday Sept. 29, 2009	Wednesday Sept. 30, 2009
<p>Indian Health Camp of New Jersey Health Fair for South Asian Populations 9:00am-2:00pm Hindu Swaminyan Temple 149 Lincoln Ave. Lake Mahwah Dr. Tuller Patel 848-391-0400</p>	<p>Cape Regional Medical Center Health Fair 12:00pm-2:00pm First Assembly of God 1068 Beadler Rd. Newark Bonnie Kitchin 908-934-4063</p>	<p>*Catholic Charities English as a Second Language for Pregnant Mothers 10:00am-1:00pm 342 Moore St. Trenton Suzanna Hernandez 609-394-2956</p>	<p>Southern New Jersey Perinatal Cooperative Tobacco & Chronic Disease 11:00am-1:00pm Burlington County Health Dept. 15 Pioneer Blvd. Westampton Cathy Butler 856-665-8000</p>

Let's all work together to make New Jersey a model state in improving and managing our health. I encourage you to attend any of the more than 100 events that will take place throughout the state this month promoting healthy eating, healthy lifestyles and helping to build a healthy New Jersey.

Sincerely,
Joe S. Caproni
Governor

Let's all work together to make New Jersey a model state in improving and managing our health. I encourage you to attend any of the more than 100 events that will take place throughout the state this month promoting healthy eating, healthy lifestyles and helping to build a healthy New Jersey.

Sincerely,
Heather Swanson
Commissioner of Health and Senior Services

Office of Minority and Multicultural Health
website at
www.nj.gov/health/omh

* Please see web calendar at
<http://www.nj.gov/health/omh>
for additional times or more events by this agency.