

News & Updates

Minority Health Program | April 2023

Crockpot Throw Down

We celebrated American Heart Month with two Crockpot "Throw down" sessions to give out healthier ideas and recipes that can be made utilizing a crockpot.

Roughly 20 Crockpots were given away.



Smoothie Sip & Paint

We enjoyed the beginning of the Spring season with two Smoothie Sip & Paint Sessions where we utilized healthy ingredients to make smoothies, talked about healthy living and destressed a little while painting.



"Let's Talk About It"

Our next Live Broadcast of 'Let's Talk About It"

New Comm. Partners

Wendy Richardson
Family Self-Sufficiency Manager
Havre de Grace Housing Authority
101 Stansbury Court
Havre de Grace, MD 21078

Chentell Gomez
Catholic Charities Villa Maria
1301 Continental Drive
Abingdon, MD.21009

Please check your calendars and join our community partners as they bring Health and Wellness to the community. We are better together!

Youth Symposium Round 2

Registration is now **open** for our I-YOU-WE Matter Youth Symposium for our Middle to High School Young Men.

The purpose of this event is to share with our young men that they matter. How they feel and think about what is going on in their life matters. We have created a safe space to express and feel heard through engaging activities and guest speakers.

We are looking for another fantastic event outdoors! Join our special guests as we will have active and retired **NFL** and **NBA** players join us. We are teaching our youth how what they eat affects their mental health. You will be able to sample guick and

will celebrate Minority Health with Special Guest Shannon Wright:

We will also have a game of "Kahoot" for prizes! You don't want to miss this!

Shannon is the founder and CEO of Life Balance Company, LLC, a holistic nutrition and wellbeing a company in Maryland. She has a Master's in Divinity and organizational leadership. In addition, she is pursuing a Master's degree in Human Clinical Nutrition and Integrative Health at the Maryland University of Integrative Health and is a certified holistic nutrition consultant.



easy Healthy drinks. There will be a panel where your voice can be heard! WonderFly will end our day with a Hamster Roll Obstacle Course and Laser Tag!

You don't want to miss this FREE Event.

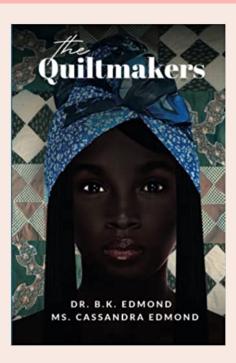
Where: Aberdeen Festival Park

When: May 20th Time: 11am - 3:30pm

Register Here!



Havre De Grace Health and Wellness Series



Dr. B.K. Edmond, the author of Nana and The Bushwoman and founder of the B. Edmond Project. A medical doctor, a husband, a father, a brother, a son, and a friend. Raised in southwest Atlanta, a product of HBCU and Ivy League higher education, constantly seeking new ways to serve.

"My daily prayer is to have a crystal clear mind to use the full scope of my knowledge to adequately care for my patients, to have a silver tongue so that I might communicate seamlessly with the care team, and to have a heart of gold such that no man may have cause to question my honorable intentions."

THE QUILTMAKERS

Why are black mothers dying at three times the normal rate surrounding childbirth? Taken from today's headlines, Dr. B.K. Edmund's new story, "The Quiltmakers," is a must-read for future mothers and their families to become better educated on the public health crisis on black women and childbirth.

In light of the recent decision to overturn Roe v. Wade, we must unite in the fight to reduce maternal mortality rates among African African women.

The B. Edmond Project seeks to use the art form of storytelling to enlighten, encourage and impact the

physical, spiritual, mental, and social health of all communities.

Dr. B. K Edmund's "The Quiltmakers"

Our Partners Up Coming Events



NEED HELP?

Don't miss Project Connect 2023 Thursday, April 27th 9:30a.m. - 2:30p.m. (Doors close at 2pm) The EPICENTER Community Center in Edgewood.



EDGEWOOD FAMILY'S ANNUAL KITE DAY

Join us for a fun day field with kite flying, refreshments, games, friends & family at Cunion Field.
Saturday. April 29th
10a.m. - 2p.m.



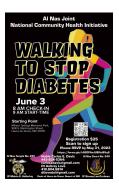
HEALTH AND WELLNESS DAY

Join Infusion Church for moments of inspiration and hours of healthy fun! Havre de Grace Tydings Park Sunday, April 30th 9 a.m. - 3 p.m.



NSTEP "OFFICE OF PERSONNEL MANAGEMENT (OPM) QUALIFICATION REQUIREMENTS, & CAREER FIELDS" WEBINAR

June 1st, 2023 Online at 4:30pm



WALKING TO STOP DIABAETES

Start Point: Millard Tydings Memorial Pak Havre de Grace Saturday, June 3rd Check-In at 8a.m. Start Time at 9a.m

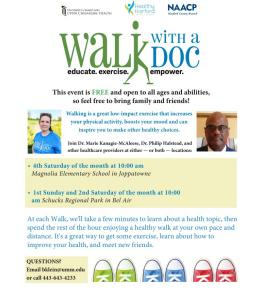
RSVP by May 31st HERE!

On-Going Events



THE JUDY CENTER EARLY **LEARNING HUB**

Providing Services to young children and their families to promote school readiness, from birth to age five.



WALK WITH A DOC

The 4th Saturday of the month at 10am in Joppa 1st Sunday and 2nd Saturday of the month at 10am in Bel Air

At these walk you will learn about a current health topic from a health care provider, then spend the rest of the hour enjoying a healthy walk and fun conversation.











Our Company

Harford County Health Department | 120 South Hays Street, Bel Air, MD 21014

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