

"A TIME TO HEAL"

Focus on the Family Series



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**

Minority Health Program Newsletter

(June 2025 - August 2025)

RECENT EVENTS:



Harford County Health Department Minority Health Program Supports Community Wellness at

Annual Al Nas Temple Health & Wellness Day

On Saturday, June 7th, the Harford County Health Department's Minority Health Program proudly participated in the Annual Al Nas Temple No. 255 and Court No. 240 Health & Wellness Day, held at Millard Tydings Memorial Park in Havre de Grace. Despite the rain, the event welcomed approximately 35 dedicated participants who showed up eager to learn, move, and invest in their health.

The event raised funds in support of the African American Diabetes Association, led by Founder and CEO Leon Rock. The Health & Wellness Day was chaired

by Past Potentate Melvin E. Adderley, Committee Chair for NCHI, who, along with event organizers, created a vibrant atmosphere centered on health education and community empowerment.

The day began with an opening prayer followed by an energizing warm-up session led by the dynamic Cardio Vixens, Desiree Chapman and Patience Davis. Felicia Grant-Hopkins, Coordinator of Special Programs for the Minority Health Program, served as moderator for a powerful panel discussion featuring respected medical and wellness professionals:

- Dr. Cheryl Jackson, MD, FACP, Medical Director of Primary Care, Trinity Health Mid-Atlantic
- Dr. Eric Jackson Jr., Enterprise Chief Innovation Officer, Nemours Children's Health
- Dr. Philip, MD, Holistic Health Coach
- Catherine Brown, Certified Nutritionist

Attendees received valuable health resources, engaged in meaningful discussions, and participated in raffles with themed prizes provided by the Minority Health Program.



I·YOU·WE MATTER

I YOU WE MATTER YOUTH SYMPOSIUM

The Minority Health Program held its biannual **I YOU WE MATTER Youth Symposium** for middle and high school young men on Saturday, May 17th, 2025. The event included:

- a 'Next-Steps' session with over 15 community vendors
- An inspiring panel of community leaders and mentors
- 3-on-3 basketball tournament
- Giveaways and prizes

Thanks to the 45 boys and their parents or guardians who joined us, and a big thank you to everyone who helped bring the symposium to life!



[Browse more photos here!](#)

Edgewood Elementary School Career Fair

The Minority Health Program attended Edgewood Elementary School's Career Fair, where we shared health tips, played games, and talked to students about our work at the Harford County Health Department.



Minority Health Resource Fair

On April 8th, the Minority Health Program participated in a resource fair hosted by the Maryland Department of Health's Office of Minority Health and Health Disparities (MHHD). Held in recognition of National Minority Health Month, the event celebrated the impactful work of MHHD grant awardees across the state. We had the opportunity to connect with over 100 attendees and share information about our program alongside 30 other organizations dedicated to advancing health equity in their communities.



UPCOMING EVENTS:

HEALTHCARE HORIZONS

*Youth Paths to Possibilities:
Join Us to Increase Awareness of Healthcare
Careers and Promoting Lifelong Healthy Living!*

Friday, June 27, 2025 | 9:00 a.m. - 2:00 p.m.
Towson University in Northeastern Maryland
510 Thomas Run Rd, Bel Air, MD 21015

At our career engagement event, we will focus on physical and mental health well-being for all ages, including:

- ✓ Keynote Address by Dr. Rochelle Herold
- ✓ Interactive Panels with healthcare professionals
- ✓ Vendor booths on health-related careers and resources
- ✓ Award Ceremony recognizing youth and community impact
- ✓ PRIZES & GIVEAWAYS throughout the day



SCAN TO REGISTER NOW

nstepcoordinator@gmail.com nstepforward.com



Healthcare Horizons Event for High School Students

The Minority Health Program is partnering with N-Step to present 'Healthcare Horizons,' an event for high school students to increase awareness of health-related careers and help them plan for the future.

Additionally, the event is sponsoring a social media contest. Please see the flyer below. Prizes for the contest include \$150 for first place, \$100 for second place, and \$50 for third place. Submissions are due on June 20th.

Register for the Healthcare Horizons Event Here!

HEALTHCARE HORIZONS: YOUTH PATHS TO POSSIBILITIES

SOCIAL MEDIA CONTEST FOR STUDENTS (HIGH SCHOOL)

Are you interested in a career in health? Showcase your passion and join us at the Healthcare Horizons symposium! Submit your video, win prizes, and take your first step toward making a difference.

PARTICIPANTS WILL SUBMIT A 3-MINUTE VIDEO (INSTAGRAM REEL) WHICH RESPONDS TO ONE OF THE FOLLOWING PROMPTS:

- What excites you the most about a career in health?
- Show a day in the life of future you at your dream job
- Share a personal story about why health matters to you
- Share what steps you are taking to prepare for your health-related career

*****To enter the contest, please tag the video with #NSTEPHCHDHealthcareHorizons**

Submissions will earn points for each like (1 point) on their post.

PRIZES

1st Place:

- \$150 gift card, feature in promotional materials, certificate of recognition

2nd Place:

- \$100 gift card, feature in promotional materials, certificate of recognition

3rd Place:

- \$50 gift card, certificate of recognition

This contest is brought to you by the Harford County Health Department in partnership with NSTEP, a nonprofit dedicated to job readiness, education, and career planning for young leaders.

Harford County Minority Health

UPCOMING EVENTS 2025



July 2025

MixedFit

MixedFit presented by CarioVixen's Desiree Chapman and Patience Davis, Certified MixedFit Instructors.

MixedFit is a dance fitness program that combines explosive dance movements with bodyweight toning exercises. It features popular, high-energy music and incorporates moves inspired by boot camp, hip hop, and Latin dance styles, making it both a fun and effective workout.



July 18th 5:30 - 6:30
Forever Opulent Boutique
625 Edgewood Rd.
Edgewood MD. 21009

July 23rd 5:30 - 6:30
First Harford Square
1493 Harford Square Dr.
Edgewood, MD. 21040

August 2025

Chair Yoga

Chair Yoga presented by Erin Subramanin, a certified Yoga Instructor. Chair Yoga is a gentle form of yoga that is practiced while sitting in a chair or using it for support. It is designed to make yoga accessible to people of all ages, fitness levels, and physical abilities, including seniors, those with limited mobility, and individuals recovering from injury. Chair Yoga includes modified poses for stretching, strengthening, breathing exercises, and relaxation techniques, all aimed at improving flexibility, balance, and overall well-being, without the need to get on the floor.



August 27th 5:30 - 6:30
First Harford Square
1693 Harford Square Dr.
Edgewood, MD 21040



Recommended Readings

- [As a Man Thinketh by James Allen](#)
- [The Importance of Men's Health Month - June](#)
- [National Minority Mental Health Awareness Month - July](#)
- [Black Americans and Alzheimer's](#)
- [The Balm in Gilead Disease Education Resources](#)
- [Gun Violence as a Public Health Issue](#)

Our Partners Upcoming Events



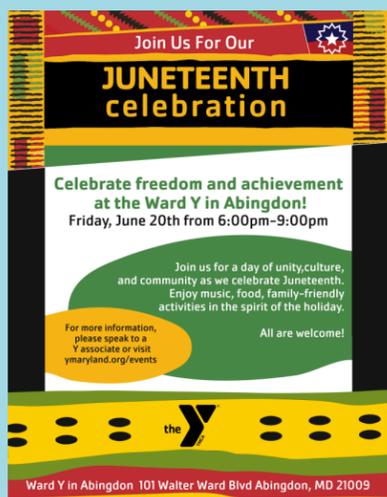
Upper Bay Juneteenth Festival

The Historic Hosanna School Museum

"A day of edu-tainment, music, fun, and family with craft and food vendors."

Date: Saturday, June 21st
Time: 12:00 pm - 6:00 pm
Location: 2424 Castleton Rd
Darlington, MD 21034

[Register Here!](#)



Juneteenth Celebration

The Ward Y in Abingdon

Date: Friday, June 20th
Time: 6:00 pm - 9:00 pm
Location: 101 Walter Ward Blvd
Abingdon, MD, 21009



Project Connect

Epicenter

Free services

Date: Friday, June 27th
Time: 8:00 am - 12:00 pm
Location: 1918 Pulaski Highway
Edgewood, MD, 21040

Summer Reading

Harford County Public Libraries

Time: Varies
Location: Varies

[Check out HCPL's ongoing events for June and July Here!](#)



Vaccinations

Harford County Health Department

Tdap - MCV4 Vaccinations

Date: Varies

Time: 8:00 am - 4:30 pm

Location: 1321 Woodbridge Station Way Edgewood, MD, 21040

Call 410.612.1779 for an appointment!

"It's A Family Affair" Community Outreach Event

Village at Lakeview

Date: Saturday, August 16th

Time: 12 pm-4 pm

Location: 833 Fisherman Lane, Edgewood, MD, 21040

For more information, contact Wanda Williams (443.310.0718) or Angela Peaker (443.473.1438)

Backpack Giveaway

N-STEP

Date: Saturday, August 23rd

Time: 10:00 am - 1:00 pm

Location: 299 North Thomas Run Rd, Bel Air, MD 21014

Quad Tent (Behind Aberdeen Hall & The Student Center)

For more information, contact Dr. Antoinette Coward (443.299.2315) or Brinae Daney (443.314.5165)

ON-GOING PROGRAMS

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association provides care and support resources to those living with Alzheimer's or another form of dementia and their caregivers. You can access information anytime at alz.org.

RESOURCE GUIDE

HELPLINE
Our 24/7 Helpline - 800.272.3900 - offers around-the-clock support from highly-trained staff.

SUPPORT GROUPS
You can find our most current Support Group listing on our Chapter website at alz.org/maryland/support

LOCAL RESOURCES
Visit alz.org/communityresourcefinder to access the Alzheimer's Association Community Resource Finder where you can get connected with local resources, support groups, community programs and services in partnership with AARP.

FACTS & FIGURES
Click the links to view the **2025 Facts and Figures Infographic** and the **2025 Maryland Facts and Figures Infographic**. The complete Facts and Figures Report can be found online at alz.org/alzheimers-dementia/facts-figures.

HEALTHY HABITS
Learn more about evidence-based healthy habits that can help reduce risk of cognitive decline as we age - alz.org/help-support/brain-health/10-healthy-habits-for-your-brain.

DIGITAL BROCHURES
The Alzheimer's Association offers downloadable PDFs of a wide range of topics related to Alzheimer's and all other dementia. You can review the publications list at alz.org/help-support/resources/publications.

WALK TO END ALZHEIMER'S
Walk to End Alzheimer's - Harford/Cecil will be held on October 4 at Ripken Stadium in Aberdeen, MD. Learn more about Walk at act.alz.org/harfordwalk.

Need additional information?
• Kristi Mroz, Program Manager - kmroz@alz.org or (443) 632-9732
• Nicole Gorski, Development Manager - ngorski@alz.org or 443-632-9728

24/7 Helpline 800.272.3900 alz.org

MOVEABLE FEAST

JUST THE FACTS

AT MOVEABLE FEAST: We firmly believe in elevating nutrition to the power of medicine. Our movement to reach touch, feel, enlighten, and combat continues to gain momentum and propel us forward. In fact, we've been doing so for over 30 years! Together with health systems, volunteers, families, and partners in 15 counties throughout Maryland, our evidence-based approach to medically tailored nutrition can change the way we fortify the health of our community.

MEDICAL NUTRITION THERAPY
Through home visits and phone counseling, our Registered Dietitians (RDs) work with clients to create individualized nutrition plans. They set realistic goals and discuss lifestyle changes that will improve client eating habits and long-term health. We offer the meeting space that works best for each individual client whether that's in-home or virtual appointment. Our Nutrition Department has access to a secure telehealth platform for client care.

DIETITIANS MAKE A DIFFERENCE
What is a Registered Dietitian Nutritionist (RD)?
• Provide evidence-based nutrition education as Medical Nutrition Therapy (MNT)
• Maintain state licensure
• Possesses a Bachelor's or master's degree in nutrition and passes a national exam to become an expert in the field.

PERSONAL CHECK-INS
When a client starts service with Moveable Feast, staff reach out to conduct a nutrition screening and assess risk level. Clients who screen at high nutritional risk and/or express interest in meeting with a dietitian are scheduled to meet with one of our staff of Registered Dietitians Nutritionists (RDs).
A typical appointment lasts about 45 minutes and may include:
• A review of the client's health background and education on specific nutrition topics relevant to that client's history
• When appropriate and available, a physical assessment measuring anthropometrics such as weight, fat, and muscle stores
• Personal goal-setting based on the client's own health priorities

GETTING STARTED
Clients must be referred by their medical provider. To refer a client call Client Services at 410.327.3465, select Option 1.

MEDICAL TRANSPORTATION
Moveable Feast offers free door-to-door transportation to medical appointments for low-income Baltimore City clients living with MNT. We also have wheelchair-accessible vans. For more information please contact Client Services at 410-897-7322.

[Alzheimer's Resource Guide](#)

[Moveable Feast](#)

Alzheimer's Association, Greater Maryland

[Find out more here!](#)



Harford County Health Department
Family Dental Clinic
For Children (Ages 1-20) and Adults on Medicaid

SERVICES

- Cleanings
- X-Rays
- Fluoride
- Sealants
- Oral hygiene instruction
- Nutritional education
- Restorations (Fillings)
- Extractions
- Root canals
- Crowns
- Space maintainers
- Referrals for specialty care when deemed necessary

HOURS & LOCATIONS

Monday to Friday,
8:00am-4:30pm

1 North Main St.
Bel Air, MD 21014
410-638-3060

2204 Hanson Rd.
Edgewood, MD 21040
443-922-7670



[HCHD Dental Clinic](#)

Harford County Health Department
Dental Clinic

[Click here for more information!](#)

Moveable Feast provides Home-Delivered Meals, Medical Nutrition Therapy, and Medical Transportation.

[Click here for more information!](#)



MEGAN's Place
MEANINGFUL ENVIRONMENT TO GATHER AND NURTURE
1321 WOODBRIDGE STATION WAY
EDGEWOOD, MD (ENTRANCE IN THE BACK)

Are you pregnant or a new parent?
Do you need help finding the right resources?
MEGAN's Place is a family-oriented environment where you can feel safe building relationships and paving the way for a brighter future.

QUESTIONS?
CALL 410-612-1777 OR EMAIL
HCHD.MEGANSPLACE@MARYLAND.GOV
FOR MORE INFORMATION

Need transportation to attend MEGAN's Place events? We can help.




[HCHD MEGAN's Place](#)

Harford County Health Department
MEGAN's Place

[Click here for more information!](#)

Contact us!

Felicia Grant Hopkins - 443-252-7692

Faith Murray-Eng 443-862-9477



Harford County Health Department

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

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