



SCHEDULE OF ACTIVITIES

9:30- 9:50 am

K-Hall

Prayer and Praise Time
 Greetings, Dr. Maurice Watson, Senior Servant
 Logistics for the Day, Dr. Sherrill McMillan

MORNING SESSIONS (ADULTS)

10:00 – 10:50am

Prostate Cancer 101: What Every Man Needs to Know

Room C43

Facilitators: Prostate Cancer Education Network (PHEN)
 Adrian Backus, JD, MDiv., Director of Partnership Trials and Patient Education

Description: According to the American Cancer Society, Prostate cancer is the most common cancer in American men and about 1 man in 9 will be diagnosed during his lifetime. PHEN's mission is to eliminate the African American prostate cancer disparity. This workshop offers support and education for men and families who have been affected in some way by this disease. Information is power – we want to see you there!

Depression Is Not a Sin

Room C41

Facilitator: Dr. Avetta White

Description: It is difficult to know the numbers of men, women and young people in our churches who suffer from either short-term or chronic depression. Too often this illness carries a stigma that makes it difficult for the saints of God to seek the help they need. Depression is a human dilemma; it is not a sin. It can require therapy and sometimes medication in much the same way as any other illness. Come out and learn about the myths surrounding depression and how you and your family can

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get the help you need. Let's take the fear away and allow the Spirit to aid in healing.

Support for Caregivers

Overflow 2

Facilitator(s): The Metropolitan Caregivers Ministry

Description: Caring for a loved one can be emotionally, spiritually and financially draining. We love our families and want to make sure they have the best care possible when going through one of life's challenges. This workshop will give caregivers a moment to breathe and support each as we love and care for our families.

Diabetes 101:

What Everybody Needs to Know!!!

Room 32

Facilitator(s): D.C. Chapter,
American Diabetes Association
Titlayo Ogunmakinwa, Executive Director, ADA
Major Lewis, ADA Ambassador

Description: This workshop will educate families on all aspects of diabetes focused around the organization's mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

What Do You Know About Epilepsy?

Room C31

Facilitator: Mary Wontrop, Epilepsy Foundation

Description: We have all heard about epilepsy, but not many of us know enough to explain it to someone else or to save a life if it becomes necessary. This session will answer the important basic questions. What is Epilepsy? What are seizures? What are the causes of seizures and how is it treated? But perhaps most important of all, how can you help someone who is having a seizure? You don't want to miss this session!

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11:00am – 11:50am

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Surviving Cancer: Women Victorious!

Room C41

Description: This educational workshop will concentrate on the many facets of cancers that impact women's lives. The session will create awareness and provide information on prevention, risk factors, early detection and diagnosis, managing treatment and recovery and support needs.

Liturgical Dance

Room 31

Facilitator: Diedre Neal
Description: Physical movement for all ages to culminate in a group dance routine as an expression of worship

**Coming to Grips with Dementia-Related Behavior:
Effective Communication Strategies**

Overflow 2

Facilitator: Nancy Quarles, Program and Services Manager
National Alzheimer's Association

Description: When the ability to use words is lost, families need to find ways to communicate. This session will explore how to decode the verbal and behavioral messages, identify common behavior triggers, and identify strategies to communicate at each stage of the disease.

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AFTERNOON SESSIONS (ADULTS)

12:00pm — 12:50

Confused About Health Insurance?

Room C33

Facilitator: Patricia Dorn
Consumer Education and Advocacy Unit
Maryland Insurance Administration

Description: We all need insurance. But how many times have you had questions about how health insurance really works but haven't gotten the answers you need? This is the session for you. Join us for a discussion on understanding health insurance especially Medicare supplement plans, the appeal grievance process for private health insurance, long term care and life insurance.

Maintaining Your Health & Caring for Your Loved One

Overflow 2

Facilitator: Nancy Quarles, Programs & Services Manager,
National Alzheimer's Association

Description: The health of the brain and body are connected, and scientific research has proven that physical and cognitive health are instrumental in healthy living. This session will discuss the benefits of diet and nutrition, exercise, cognitive activity, and social engagement.

Kidney Health, Diagnosis and Treatment: A Life Saving Discussion

Room C43

Facilitator(s): Kimberley Searcy
American Kidney Fund

Description: Are you passionate about preventing kidney disease? Do you enjoy educating others about the importance of living a healthy lifestyle? This Kidney Health Coach training course contains the most up-to-date information about preventing, managing, and treating kidney disease, as well as living a healthy lifestyle. At the end of the presentation, participants will take a short quiz and receive a

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certificate of completion. Kidney Health Coaches have access to newly updated educational resources, incentives for participation, and most

importantly, access to support and guidance from dedicated American Kidney Fund staff members leading the program. After the training, participants are able to advocate and educate amongst their community to stress the importance of preventing kidney disease and living a healthy lifestyle.

In Our Own Voices

Room C23

Facilitator(s): National Alliance on Mental Illness.

Description: Mental illness is no stranger to the church and families are still skeptical about admitting their pain for fear of gossip and being stigmatized. There is nothing to be afraid of as long as know we can heal and live better lives. This session will feature powerful personal testimonies about the journey from mental illness to recovery.

Total Body Fitness

Room 31

Facilitator(s): Kristy Frizzell/Margaret Arnold

Description: A basic total body workout including resistance, balance, strength and cardio

1:00 – 1:30

YOUTH REFLECTIONS

K-Hall

You won't want to miss this! Our youth have been involved in workshops all day and they want to share their experience with you. So please, let's show them our support. When you complete the last class join us in K-Hall before touring some of the exhibits and information tables you may have missed earlier,

1:35- 2pm

EXHIBIT HALL IS OPEN

2:00PM

CONFERENCE ENDS

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**WE THANK YOU FOR YOUR PRESENCE
HERE TODAY. GRACE AND PEACE BE
WITH YOU ALWAYS.**

YOUTH AGENDA FOR THE DAY

K HALL

Give Kids a Smile

Facilitators: Toni Reeves, Registered Dental Hygienist
Dr. Robert Caldwell

These dental professionals will be available throughout the day for a free oral exam, a fluoride varnish application and discussions about the stages of decay, plaque finding and brushing. You will be amazed at the healthy snack display that encourages children to eat the right things for the health of their teeth. Information given for the health of teeth and body is aligning with the world health vision for 2030. www.NIDCR.nih.gov.2030

Safe Spaces

Facilitators: Teya Green, Ministry Leader
FAME (Fine Arts in Metropolitan and Its Environment)
Nila Austin, School Enrichment Coordinator
Ida B. Wells Middle School

Description: Middle School and High School youth will have a safe space for self-expression as they share and gain knowledge about health and mental concerns and engage in relevant discussions around social justice issues that affect youth and adolescents. Special discussion groups include developing and maintaining healthy relationships, self-care strategies for stress relief, how to identify and access support networks, and how to seek assistance during adolescent stages of distress and crisis.

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EXHIBITS AND INFORMATION TABLES

Social Justice Ministry, Metropolitan Baptist Church

American Diabetes Association

IAMA Counseling Ministry (Domestic Violence Awareness Month)

American Kidney Foundation

National Alliance on Mental Health

National Epilepsy Foundation

National Alzheimer's Association

Register today at www.metropolitanbaptist.org, REALM, and EVENTBRITE (MBC Health and Wellness Conference)

SPECIAL APPRECIATION TO THE D.C. BAPTIST CONVENTION, DOCTORS HOSPITAL AND BBT BANK FOR THEIR SUPPORT OF THIS EVENT

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