

# 5<sup>TH</sup> ANNUAL NATIONAL URBAN HEALTH CONFERENCE

Thursday, April 23<sup>rd</sup> through Sunday, April 26<sup>th</sup>

## I. Thursday April 23<sup>rd</sup>

### “Demystifying the Health Exchange”

#### Business & Professional Services Breakfast Meeting

- **Panel Discussion** from experts in related fields  
Attendees will receive current and timely information for businesses, employers, professional service providers and interested individuals
- Attendees are invited to participate in a Q&A session following the presentation

Location: **Melba’s 125 – 3<sup>rd</sup> Floor**  
(AC Powell Jr. State Office Building, 163 West 125<sup>th</sup> Street)  
Time: 8:30 am – 11:00 am

## II. Two (2) Afternoon Health Conference Seminars

Location: **Art Gallery**

(AC Powell Jr. State Office Building, 163 West 125<sup>th</sup> Street)

Time: 2 pm – 5 pm

### A. OBAMACARE

#### (How the Affordable Health Care Act Works for You)

- **Hear the latest information from industry leaders and experts on this historic National health initiative**
- **Attendees are invited to participate in a Q&A session following the presentation**  
Time: 2pm – 3:30 pm

### B. WOMEN’S FINANCIAL HEALTH

#### (Making Informed Financial & Health Decisions)

- **Learn from financial services, government, legal, insurance and health experts how to make the best short term and long term financial decisions for you and your family**
- **Attendees are invited to participate in a Q&A session following the presentation**

Time: 3:30 pm - 5 pm  
Location: Art Gallery (AC. Powell Jr. State Office Building)

## III. Friday April 24<sup>th</sup>

### A. Community Health Open House

#### Open to the Public

**For information on navigating the HealthCare industry, Healthy Food demonstrations, Exercise information and demonstrations**

**Sponsor: Emblem Health Neighborhood Care Center (EHNC)**

Location: EHNC – 215 West 125<sup>th</sup> Street

Time: 10:00 am – 3:00 pm

**Media Partners: WHCR-FM & Harlem News Group**

### B. Prescription Drugs: Patient Safety, Education & Health Initiatives

A Special Seminar Earmarked Towards the Senior Citizens Community to Focus on Education & Information on Prescription Drugs, How to Safely Use Directly and/or Through Home Care Assistance

**Sponsors: Touro School of Pharmacy, Harlem Center for Nursing and Rehabilitation**

Location: **Art Gallery** (AC Powell Jr. State Office Building, 163 West 125<sup>th</sup> Street)  
Time: 1:00 PM

**IV. Saturday April 25<sup>th</sup>**

**A. 8<sup>th</sup> Annual Harlem Celebration of World Tai Chi & QiGong Day**

Location: Harlem's Historic St. Nicholas Park – West 135<sup>th</sup> & St. Nicholas Avenue  
Open to the Public

**B. NY Black Nurses Association Health and Wellness Fair**

Location: Salvation Army Center – 540 Malcolm X Blvd Between West 138<sup>th</sup> Street & 139<sup>th</sup> Street

Open to the Public

Time: 10 am

**V. Sunday April 26<sup>th</sup>**

**Our Spiritual Health Messages at the following Houses of Worship**

**Brooklyn Christian Center**

Location: 1061 Atlantic Ave, Brooklyn, NY

Time: 2 pm

**Abyssinian Baptist Church**

Location: 132 West 138th Street between Adam Clayton Powell Jr. & Malcolm X Blvds., Harlem, NY

Time: 11 am

**First Corinthian Baptist Church**

Location: West 116th Street & Adam Clayton Powell Jr., Blvd., Harlem, NY

Time: 11 am

**VI. Radio Health Conference – 1 Hour**

WBLS-FM & WLIB-AM (Simulcast)

Time: 8 pm