

# Black History Month Event

## Welcome to Go Red for Women: Heart Truth Health Fair

Saturday, February 3, 2024  
Arcadia University, The Commons Great Room  
9:00 a.m. - 1:00 p.m.



Heart Month is celebrated throughout the month of February because it is a time when many of us reflect on matters of the heart, including love and relationships along with emphasizing the importance of heart health for women.



### 10:00 A.M. Welcome/Presentations

Girls on the Run of Southeastern Suburban PA  
National Council of Negro Women, Delaware Valley Section  
Southeastern Pennsylvania Area, Black Nurses Association, Inc.  
Theta Eta Eta Chapter Incorporated, Chi Eta Phi Sorority, Inc.  
Zeta Phi Beta Sorority Inc., Kappa Omega Zeta Chapter

[Please note that the screenings and flu vaccinations on the 2nd floor will be closed during the morning presentations.]



### Conversations From the Heart:

Keynote Speaker: Dr. Delana Wardlaw, M.D.  
Guest Speaker: Ms. Janet Williams, Board Member,  
The Daniel E. Rumph II Foundation

10:15 A.M.

Experts will tell us how to manage heart care throughout our lives.



### History of Black Nursing Leaders in America

Presented by Theta Eta Eta Chapter  
Incorporated, Chi Eta Phi Sorority, Inc.

10:45 A.M.



### Service Award Recognition/Door Prizes

11:05 A.M.



Explore the exhibit tables and check out the vendors, screenings, (Hands only) CPR demonstrations, and flu vaccinations.

11:30 A.M - 1:00 P.M.

### Pledge to Live a Healthier Lifestyle

Presented by Girls on the Run of Southeastern Suburban PA. Make a commitment to live a healthy lifestyle.



## Special Services

9:00a - 1:00p  
2nd Floor The Commons

- Vendors - Hallway Area
- Screenings - Room 1
- CPR (Hands Only) - Room 2
- Flu Vaccinations - Room 3
- Chair Massages - First Floor

All screenings and flu vaccinations will take place on the 2nd floor in The Commons.

11:45a - 12:45p - Great Room  
SELF-CARE YOGA

Dejenaba N. Gordon, Instructor,  
BEYoga Wellness Network/ MPH Assistant  
Professor of Practice, RYT 400, Arcadia  
University

11:45a - 12:45p - Great Room  
LINE DANCING 4 LIFE

Janice Paige & Laverne Tyler, Instructors  
Zeta Phi Beta Sorority, Inc, Kappa Omega  
Zeta Chapter

12:45 P.M - 1:00 P.M.

Closing Remarks and Door Prizes

IT'S TIME TO PUT OUR HEART INTO IT AND GO **RED** FOR WOMEN

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A special **THANK YOU** to all our sponsors and contributors who helped to make this health fair a success!

### Thank You Sponsors!

-  Arcadia University, Center for Antiracist Scholarship, Advocacy, and Action (CASAA) - Dr. Christopher Allen Varlack, Executive Director
-  Girls on the Run of Southeastern Suburban PA- Tracey Ashdale, Executive Director/ Chief Energy Officer
-  National Council of Negro Women, Inc, Delaware Valley Section -Juanita M. Jenkins, President
-  Southeastern Pennsylvania Area, Black Nurses Association, Inc.- Monica Harmon, President
-  Theta Eta Eta Chapter Incorporated, Chi Eta Phi Sorority, Inc. - Lora White-Green, President
-  Zeta Phi Beta Sorority, Inc, Kappa Omega Zeta Chapter- Deshanque Berry, President

Don't forget to make your pledge to live a healthier lifestyle.

### Thank You Contributors!

  
Arcadia University Office of Access, Equity, Diversity, and Inclusion (AEDI)  
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Miriam Medical Clinic  
Nurses of Save Your Sole  
Skin and Body Klinik  
Withthesehands

**Thank you for coming!**

IT'S TIME TO PUT OUR HEART INTO IT AND GO **RED** FOR WOMEN