FREE EVENT
Sponsored by
Raleigh (NC) Chapter of
The Links, Incorporated

March 18, 2023

DOORS OPEN AT 9:00 AM
Alliance Medical Ministry
101 Donald Ross Drive
Raleigh, NC 27610

9:30 am

Heart Disease Prevention, Know Your Risk

Dr. Chelsea Ngongang
Cardiologist
WakeMed Heart and Vascular
WakeMed Health and Hospitals

10:15 am

How to save a life using an AED (Automated External Defibrillator)
&
CPR Demo

Liliana Marin
Community Impact Director
American Heart Association

Jennifer Neighbors
Senior Community Health Specialist, Corporate and Community Health
WakeMed Health and Hospitals

11:00 am

Mental Health and the Black Family

Dr. Nerrisa Price
Psychiatrist
Medical Director, Well Being Initiatives
WakeMed Health and Hospitals

11:30 am – 12:30 pm Concurrent Sessions

- **Nutritional Cooking Demonstration and Education:** Jasmine Westbrook, MS, RD, LDN, CDCES Co-Founder and Director EatWell Exchange
- **Community Garden Tour:** Alliance Medical Ministry Staff

Free Screenings and Wellness Information Available Throughout the Day
AARP Tax Aide Program, Alzheimer's Association, American Heart Association, Black Girls Run (Fitness and Physical Activity), Blood Pressure Screening (WakeMed), "Dressing Her from the Inside Out," Gardening, HEAL (American Cancer Society), Oral Hygiene, Professional Career Development, SiteBridge Research

First 50 Attendees will receive a $25 Food Lion Gift Card of Appreciation for Attending the Event (one per family and you must be present to receive)
Free Giveaways & All Attendees entered into Uber Gift Card Raffles

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