

GATEWAY TO WELLNESS –

Closing the Gap Through Healthy Lifestyles

Good health is not something that you can buy “over the counter” or secure through a “quick fix”. Healthy living is a lifelong journey but being healthy is truly the best medicine!

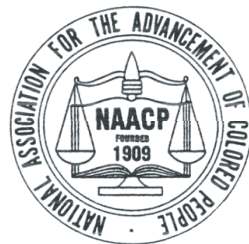
Feeling well – in mind, body and spirit has many benefits and can even add years to your life. So, take action and start taking care of yourself.

The Gateway Medical Society will help you get there!

Discover healthy ways to eat, how to exercise at any age, and focus on making a healthier you. Come and hear from Doctors who really care about your health! Spend an exciting half day with the Gateway Medical Society at our Gateway to Wellness Closing the Gap Through Healthy Lifestyles Symposium on Saturday, June 12, 2010.



GMS
Gateway Medical Society
“Closing the Gap”



Panel Discussion:

Alternative medicine and nutritional supplements

Wynne R. Brown, MD, RAc

Founder and Chief Operating Officer Original Medicine Institute for the Healing Arts

Constance Frank, RN

Shiatsu Massage (with Acupressure) Therapy and Cellular Expansion and Healing Energy Bodywork

Lisa LeRose

Essential Oils and Aromatherapy

Jonas Marry, DC

Chiropractic and Craniosacral Energy Bodywork

Our Sponsors:

Highmark Blue Cross Blue Shield

UPMC

GATEWAY MEDICAL SOCIETY

1835 Centre Avenue
Pittsburgh, PA 15219

Phone: 412-281-4086

Margaret Larkins-Pettigrew, MD, MEd
President, Gateway Medical Society

Rhonda Johnson, MD, MPH
Vice President, Gateway Medical Society & Program Co-Chair

Anita Edwards, MD
Program Co-Chair

NAACP - PITTSBURGH

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Phone: 412-471-1024

M. Gayle Moss
President, NAACP-Pittsburgh

Chenits Pettigrew, Jr., PhD
Chair, Education Committee, NAACP

Gateway to Wellness –

Closing the Gap Through Healthy Lifestyles

REGISTRATION FORM

I would like to register for the following two (2) workshops:

- Gateway to Good Food**
This workshop will focus on healthy eating, food awareness and food preparation to achieve a healthy weight.
Presented by Wynne Brown, MD
- Gateway to Movement**
This workshop will focus on physical activity, and how to add movement to our daily life to maintain wellness. Wear comfortable clothes and shoes.
Presented by Christina Barry, Silver Sneakers Program and Roland Ford, Line Dancing
- Gateway to Breathing**
This workshop will focus on eliminating the habit of smoking to increase our ability to breathe better to live longer.
Presented by Kevin Gibson, MD
- Gateway to Living Pain Free**
This workshop will focus with dealing with chronic pain that hinders with the ability to live a healthy life.
Presented by Stephen Thomas, MD, Anesthesiologist
- Gateway to a Healthy Mouth**
This workshop will focus on the importance of oral health and wellness. *Presented by David Anderson, DMD*
- Gateway to hip-hop & living healthy**
This youth focused workshop will use the good, bad and ugly of today's hip hop genre to promote healthy living in our youth. *Presented by Chenits Reese Pettigrew, BA, MA CHEN-Lo Production, LLC*

Name _____

Address _____

City State Zip _____

Email _____

Phone _____

Meal Selections:

- Continental Breakfast Only Both
 Lunch Only

Register online at
www.gatewaymedicalsociety.org
by telephone: (412) 281-4086
or return form to the
Gateway Medical Society office
by June 7, 2010

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The goal of this symposium

African Americans often times get the 'short end of the stick' when it comes to health. They continue to experience premature death and disability due to preventable conditions, at all ages in life.

Many times, we are not aware of how the choices we make every day affects our health.

The goal of the symposium is to focus on getting well and to start living healthy. There are steps that each of us can take to reduce early death and high rates of sickness in the African American community in Pittsburgh.

Our people must learn what they can do to improve their health. **HEAL THYSELF** – take steps to healthier living!

Come to the Gateway Medical Society Symposium, **Gateway to Wellness - Closing the Gap Through Healthy Lifestyles**

Who Should Come:

Mothers • Fathers • Brothers and Sisters
Teenagers • The Community

Free Health Screenings

On-site health screenings will be available free of charge.



**GATEWAY MEDICAL
SOCIETY**

&

NAACP-PITTSBURGH

presents

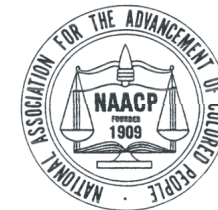
Gateway to Wellness –

*Closing the Gap Through
Healthy Lifestyles*

Saturday, June 12, 2010
9:00 a.m. – 2:00 p.m.

Herberman Conference Center
5150 Centre Avenue, 2nd Floor
Pittsburgh, PA 15232

*Parking Provided at the
Centre Avenue Garage*



GMS
Gateway Medical Society
"Closing the Gap"

FREE TO ALL

Meals and Health Screenings
will be provided free of charge.

Tel: 412-281-4086