



Minority Health Month Events in Cleveland

The Continued Pursuit of Equity in Black and Brown Communities

Friday, April 5, 2024, 10:00 a.m. - 1:00 p.m.

Jerry Sue Thorton Center 2500 East 22nd Street, Cleveland, OH 44115

The Cleveland Office on Minority Health is hosting a community forum on the importance of establishing a collective health agenda in the African American and Latinx communities, to improve health outcomes and the quality of life. The event will feature presentations and panel discussions from local health equity professionals and policymakers on the importance of allyship between these two communities.

Register: [Eventbrite](#), email RALi@ClevelandOhio.gov or call 216.664.4925

Lupus Community Wellness Event

Saturday, April 6, 2024, 10:00 a.m. - 1:00 p.m.

UH Cutler Center for Men 3999 Richmond Rd, Beachwood, OH 44122

This interactive event will feature health screenings, live demonstrations, and access to many resources to manage your lupus.

Register: [Facebook Flyer](#) or visit <https://lupusgreaterohio.org/>

Colorful Choices, Healthy Lives

Friday, April 12, 2024, 10:30 a.m. - 2:30 p.m.

Family & Community Resource Center 13411 Union Avenue Cleveland, OH 44120

Murtis Taylor and 25 of its health services providers will work in collaboration to educate and demonstrate good healthy lifestyle choices, through food and exercises. Participants will learn about diabetes and its effects on the body. Resources will be distributed; subject matter expert representatives will be available to answer questions and assist participants with navigating next steps as needed.

Contact information: email HBrissett@MurtisTaylor.org or call 216.283.4400 Ext. 2355

Morning Stretch: An Introduction to Qigong

Saturday, April 13, 2024, 10:00 a.m. - 11:30 a.m.

Kovacic Center 6250 St Clair Ave., Cleveland, OH 44103

Morning Stretch will be held at the Kovacic Recreation Center and will feature a presentation and demonstration of Qigong, a practice used in traditional Chinese medicine to promote health and well-being. Qigong focuses on breathing, movement and mindfulness as a strategy to promote overall wellness, reduce pain and alleviate stress. Participants will learn about the history of Qigong and practice of its basic techniques.

Register: [Eventbrite](#), email RAli@ClevelandOhio.gov or call 216.664.4925

Minority Men's Health Fair

Wednesday, April 24, 2024, 11:00 a.m. – 4:00 p.m.

Metro Health 100 Severance Center Cleveland Heights, OH 44118

A community event that will bring education, resources, expos and health screenings all under one roof with the Lupus Foundation of America and the newly renovated Metro Health Hospital.

Register: online at <https://www.metrohealth.org/mmhf> or call 216.957.3862

“Someone Saved My Life Tonight: The Pastor Sal Perez Story”

Tuesday, April 26, 2024, 7:00 p.m. - 9:00 p.m.

Wednesday, April 27, 2024, 2:00 p.m. - 4:00 p.m. and 7:00 p.m. - 9:00 p.m.

Berkman Hall Auditorium 1899 East 22 Street Cleveland, OH 44115

The event features a play based on the life of Sale Perez, Senior Pastor at Victory Outreach Tucson and nationally acclaimed recording artist. A talk will follow on the Principles of Recovery, healing. Health information on cancer, diabetes, cardiovascular diseases, substance abuse, infant mortality, and violence will be provided.

Contact information: email lccollins@clevelandtreatmentcenter.org or call 216.861.4246

Color of Wellness

Saturday, April 27, 2024, 11:00 a.m. - 3:00 p.m.

Christian Kingdom Assembly 12700 Boardway Avenue Cleveland, OH 44127

Murtis Taylor and 25 of its health services providers will work in collaboration to educate and demonstrate good healthy lifestyle choices, through food and exercises. Participants will learn

about diabetes and its effects on the body. Resources will be distributed; subject matter expert representatives will be available to answer questions and assist participants with navigating next steps as needed.

Contact information: email HBrissett@MurtisTaylor.org or call 216.283.4400 Ext. 2355