

# Body and Soul: A Wellness Forum

Thursday, Feb. 2, 2012

4:00 p.m. - 8:00 p.m.

**FREE**

**Registration, Health Fair, Screenings,  
Music and Refreshments 4-5:30 PM**

**Speakers 5:30 -7:30 PM**

**Give-Aways & Close 7:30 - 8:00 PM**



John Edward Parr Health Enhancement Center  
St. Mary Medical Center  
1050 Linden Avenue (Enter on 10<sup>th</sup>)  
Long Beach, CA 90813

**Each of the following will speak for a short period,  
followed by written questions from the audience. Cards  
will be provided.**

- ◆ Mal Fobi, M.D., Keeping Diabetes at Bay (invited)
- ◆ Pastor Gregory Sanders, Spirituality & Health
- ◆ Peter Bracken, PA, Healthy Living (invited)
- ◆ Jerry Anderson, Fitness Guru (invited)
- ◆ Nik Kapoor, M.D., Heart Health
- ◆ Minnie Douglas, Ed.D., Mistress of Ceremonies

This course is approved for 2.0 contact hours by the California Board of Registered Nursing Provider #704.

These Free CEUs are available for Attendees of ALL Lectures.

*To reserve your space or for additional  
information, please call*

**1-888-4-ST-MARY (1-888-478-6279)**



1050 Linden Avenue, Long Beach, CA 90813  
www.stmarymedicalcenter.com

Co-sponsored by: St. Mary Medical Center, African American Infant Health Project (AAIHP), Alpha Kappa Alpha, Inc—Theta Alpha Omega Chapter, American Business Women’s Association (ABWA) Diamonds of Southbay, American Cancer Society(ACS), American Diabetes Association (ADA) Greater Long Beach Chapter, American University of Health Science, Beacon House, Beta Pi Sigma Sorority Inc –Tau Chapter, Black American Political Action Committee—Long Beach (LB-BAPAC), Breast Center at St. Mary, California State Senator Roderick Wright, Congresswoman Laura Richardson, Comprehensive AIDS Resources and Education (C.A.R.E.) Program, Dee Andrews—Long Beach City Councilman 6<sup>th</sup> District, Delta Sigma Theta Sorority—Long Beach Alumnae, Families in Good Health (FiGH), Grant AME TCE Program, Harbor Area Chapter of the Links, Inc., Khmer Parents Association, League of African American Women (LAAW), Long Beach Black Chamber of Commerce (LBBCC), Long Beach Diabetes Collaborative, Long Beach Health and Human Services, Long Beach Times, Long Beach Tobacco Control Program, Long Beach Unity Festival, My Sister My Friend Breast Cancer Support, NAACP—Long Beach Section, National Council of Negro Women (NCNW)—Long Beach Section, Office of Assemblymember Bonnie Lowenthal, Office of Assemblymember Warren Furutani—55th District, Office of Senator Alan Lowenthal, 100 Black Men of Long Beach, Project Angel Food, Psi Eta Chapter—Chi Eta Phi Nursing Sorority, Inc., Reproductive Associates, Role of Men Program, St. Mary Senior Health, South Coast Interfaith Council (SCIC), The Children’s Clinic, The Knowledge Expounders Inc., Village P.R.O.J.E.C.T.S., VA Long Beach Healthcare System