



Celebrating more than 60 years of service to the community

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PHOTO OP/PLEASE ANNOUNCE

Contact: Chimene Grant Saloy
chimene@neworleanslinks.org/504-495-3011

6th Annual Symposium on Obesity and Healthy Living - Saturday, November 18, 2017

(New Orleans, LA) -- The New Orleans (LA) Chapter of The Links, Incorporated will sponsor the 6th annual symposium on obesity and healthy living in partnership with **Breakthrough New Orleans (BTNOLA)** on **Saturday, November 18, 2017** at Isidore Newman School in the Levy Student Center, 1953 Jefferson Avenue, New Orleans, La., 70115 from **9:00 am – 12:00 pm**. **The event is free and open to the public.**

Hosted by the chapter's Health and Human Services Facet, the day will be filled with round table discussions lead by respected physicians (including Drs. Corey Hebert "Doctor for the People", Carey Domino Yazeed, and Chequita Williams), educators, physical education professionals, and local chefs – including Traci Vincent - and restaurateurs. Adults and children will be engaged in thought provoking and practical discussions on healthy living for life with Jenine Dabon, APRN of the Tulane University School of Medicine Wellness Center. Additionally, participants will be afforded opportunities to participate in "hip hop for life" with Toni B! of Toni B's Avid Center featuring easy to follow exercise routines and physical education training, simple gym workouts, dancing, and yoga. Always a favorite part of the day, local chefs conduct cooking demonstrations and share practical tips on food selection and the preparation of healthy, nutritious, but always delicious everyday meals. Students and families from Mary McLeod Bethune Elementary will join the Obesity Day partnership extending the number of participants to more than 130.

State health authorities and Louisiana State University System researchers have set a target to reduce obesity among the state's children by 20 percent over the rest of the decade. Currently, 29 out of 100 children and adolescents between age 2 and 19 are obese, a clinical condition defined as having a body mass index — a measure that considers a subject's height and weight — of more than 30.

The Links, Incorporated established the Health and Human Services facet in response to the chronic health disparities that persist in our communities and result in the decreased life expectancy of African-Americans. The mission of the Health and Human Services facet is to promote and facilitate programs that support the maintenance of good health and the elimination of chronic health disparities in communities of color through education, health advocacy, and optimal utilization of health resources. The New Orleans (LA) Chapter boasts 5 members who are physicians who are actively involved in this facet's programs. Each share a wealth of knowledge and information about healthy living and making better lifestyle choices in helping to lead the way in the chapter's efforts to make a meaningful contribution to the community.

BTNOLA is a non-profit organization that prepares high-potential middle school students with limited resources for rigorous academic experiences in high schools and colleges while inspiring bright high school and college students to become educators and advocates for education.

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