



Community Health 101: So that you can prosper

Coming this March: a new,
interactive monthly series at the
Summa Center for Health Equity!

Join us on the fourth Thursday of each month
to discuss with community leaders how you can
lead a healthier, more prosperous life.

Topics will include:

- ✓ Whole foods & nutrition
- ✓ Long-term care
- ✓ Fraud & Identity Theft Protection
- ✓ Life Insurance and Home Buying
- ✓ Medicaid
- ✓ Dealing with Stress and Grief
- ✓ Healthy Families
- ✓ & More!

Or have a suggestion for a topic?
We want to hear from you!

Don't miss the "Healthy
Eating in 15 minutes"
cooking demonstration
each session!

Seating is limited! To reserve
your spot or to suggest a
topic, contact:

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**Summa Center
for Health Equity**

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**Prizes and cooking
demonstrations at
each event!**



All classes from 6:00 - 7:00 pm

- April 23:** Life Insurance & Home Buying – Martin King of American Family Insurance
- May 28:** HIV/AIDS Awareness & Prevention – Taba Aleem of Planned Parenthood
- June 25:** Legal Education Day – Kris Immel of Roderick Linton Belfance, LLP
- July 23:** Pre Diabetes –Dr. Roberto Lebron of Summa at New Seasons
- August 27:** Heart Walk – Laura Schumann of the American Heart Association
- Sept. 24:** Childhood Obesity - Special Guest
- Oct. 22:** Dealing with Grief - Pastor Cathy Johnson of The House of the Lord