

BLACK MEN'S HEALTH CONFERENCE

FOCUSING ON YOUR WELLNESS

We would like to invite you to a special health event focused on black men of all ages. We will be offering wellness screenings, educational presentations, giveaways, and much more!

Please join us. Light refreshments and healthy snacks available.



**SATURDAY
FEBRUARY 18, 2023**

7:30am - 12:30pm
Carbondale Civic Center
(Free Parking in West Lot)

Free wellness screenings to include:

- Blood pressures checks
- Cholesterol and blood sugar finger stick checks
- Height/weight and body mass index measurements
- Mental health resources
- And much more!

Keynote and Hosted Speakers:

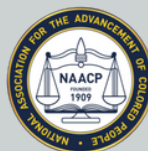
- Dr. Sam Stokes III, M.D., F.A.C.S.
- Dr. Don C. Arnold II, M.D., F.A.C.S
- Dr. Benjamin Collie, M.D.
- Phil Anton, PhD
- Trey Matlock
- Pastor Christopher E. Swims

Thank you to all of our sponsoring community partners:



<https://www.surveymonkey.com/r/62BG3Z8>

Reserve your spot online today (limited walk-in availability)



Check out our agenda for the event!

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Saturday February 18, 2023; 7:30am - 12:30pm

Carbondale Civic Center

Please be sure to check out the variety of vendors, and make time to attend each of our presenters.

Event Agenda:

7:30am - 8:45am: Registration and wellness screenings

8:45am: Welcome and keynote speaker: Dr. Sam Stokes- *Importance of managing your health and wellness*

9:15am: Breakout Sessions- *Five 30-minute presentations will be offered throughout the morning*

12:05pm: Door prize and closing- Carl Flowers

	Dr. Collie	Phil Anton	Trey Matlock	Pastor Swims	Dr. Arnold
9:15 - 9:45	Healthy Lifestyle	Physical Activity and Fitness	Mental Health	Spiritual Health	Urology and Prostate Health
9:50 - 10:20	Healthy Lifestyle	Physical Activity and Fitness	Mental Health	Spiritual Health	Urology and Prostate Health
10:25 - 10:55	Healthy Lifestyle	Physical Activity and Fitness	Mental Health	Spiritual Health	Urology and Prostate Health
11:00 - 11:30	Healthy Lifestyle	Physical Activity and Fitness	Mental Health	Spiritual Health	Urology and Prostate Health
11:35 - 12:05	Healthy Lifestyle	Physical Activity and Fitness	Mental Health	Spiritual Health	Urology and Prostate Health

