

Health Fair and Fitness Expo

Presented by the Asian American Council (AAC)

In Collaboration with Miami Valley Association of Physicians of Indian Origin (MVAPI)

With Funding from the Ohio Commission on Minority Health (OCMH)

Saturday April 14, 2018, 9:00 am-5:00 pm

Christ United Methodist Church, 3440 Shroyer Road, Kettering, OH 45429

(across the street from Fairmont High School)

Types of Events:

- **Health Fair** Screenings and Educational Presentations – Jhansi Koduri, M.D., Moderator
- **Fitness Expo** Participatory Activities – Sudha Peddanna, B.A., Chair, Armin Sayson, Coordinator
- **Cooking Demos** – Sudha Peddanna, Coordinator
- **Bone Marrow Donor Registration** – Shravan Kalahasthy, Coordinator

More Information: <http://aacdayton.org/> or <https://www.facebook.com/events/161501494609280/>
or call (937) 775-2798

I. HEALTH FAIR Screenings & Presentations / DANCE-A-THON – 3rd Floor, FOSTER HALL

- 9:00 am – 3:00 pm **Health screening** services, including blood sugar check (9-11 am, after an 8 hr. fasting), blood pressure, BMI, sleep disorder-, depression-, and anxiety-screenings, and on-site physician consultations
- 9:00 – 9:15 am **Introduction and Opening Remarks** – Ron Katsuyama, Ph.D., Chair, AAC Board, Vilma Helms, Ph.D., AAC President, Jhansi Koduri, M.D., Chair, AAC Health Fair, Sudha Peddanna, B.A., Chair, AAC Fitness Expo, and Manju Sankarapa, Exec. Dir., Ohio Asian American Health Coalition
- 9:15 – 9:20 am **A Call for Bone Marrow Donors** – Shravan Kalahasthy, Youth Leader, Asian American Youth Council of Dayton (AAYCD)
- 9:20 – 9:50 am **Keys to a Good Night's Sleep** – Dharmesh Gandhi, M.D.
- 9:50 – 10:20 am **Early Cancer Detection: Does it Save Lives?** – Narayan Peddanna, M.D.
- 10:20 – 11:00 am **Drug Addiction: Personal Stories from Despair to Recovery**, Darshan Sehbi, M.D., and Heroes in Recovery
- 11:00 – 11:45 am **Panel: What is School and Workplace Bullying? Why/How to Stop** – Melody Kawamoto, M.D. & Amita Patel, M.D.
- 11:45 – 11:50 am **Interlude: Yoga** – Anjali Branon, Instructor
- 11:50 – 12:20 pm **End of Life Care / Hospice Myths** – Beth Delany, CNP
- 12:20 – 12:50 pm **Combating Domestic Violence, a Barrier to Healthy Relationships** – Shreya Bhandari, Ph.D.
- 12:50 – 12:55 pm **Interlude: Guided Meditation** – Uma Mullapudi, Instructor, Heartfulness Meditation Center (HMC)
- 1:00 - 1:40 pm **Introductions / Toward Health Equity: Where Do We Stand?** – Angela Dawson, MS, MRC, LPC, Exec. Dir, Ohio Commission on Minority Health
- 1:40 - 1:45 pm **A Call for Bone Marrow Donors** – Shravan Kalahasthy
- 1:45 – 2:25 pm **Diet, Exercise, & Other Lifestyle Modifications** – Sangeeta Agarwal, M.D.
- 2:25 – 2:30 pm **Interlude: Tai Chi** – Master Michael Quach, Instructor
- 2:30 – 3:00 pm **Acupuncture and Traditional Chinese Medicine** – Weili Huang, Lic. Acupuncturist, Nationally Certified Chinese Herbalist
- 3:00 – 3:05 pm **Interlude: Bollywood Dance** – Sheetal Desai, Instructor, and Chandini Peddanna, Assistant
- 3:30 – 5:00 pm **DANCE-A-THON**

II. FITNESS EXPO (Group Participation)– 3rd Floor, REJOICE HALL

9:15 am – 10:00 am	Yoga – Anjali Branon, Trainer, Synergy Yoga, Heartfulness Meditation Center, and Ayurvedic Natural Health Practitioner
10:00 am – 10:30 am	Tai Chi – Master Marsha Makert, Instructor
10:30 am – 11:15 am	Bollywood Fit – Sheetal Desai, Instructor, and Chandini Peddanna, Assistant
11:15 am – 11:45 am	Chinese Dancing / Tai Chi – Dayton Association of Chinese Americans (DACA) Dance Group and Master Marsha Makert
11:45 am – 12:15 pm	Tinikling Dancing – Pamana Dance Group
12:15 pm – 1:00 pm	Bollywood-, Zumba-, and Bhangra-Fit – Nila Patel, Instructor, Springboro YMCA, & Aditi Aggarwal, Mansi Amin, Mary Alina Laveren, Marisa Dillon, Aparna Zimmerman, Assistant Instructors
2:00 pm – 2:45 pm	Pilates Exercise – Cheryl Longinow, Instructor, My Pilates Studio
2:45 pm – 3:30 pm	Tai Chi – Master Michael Quach, Tai Chi Instructor

III. HEALTH / FITNESS PRESENTATIONS – 2nd Floor, CLASSROOM 202

10:00 am – 12:00 noon	Children’s Games – Mrs. Leland and DACA Youth
12:00 noon – 1:00 pm	Discussion: Creating Social Climates Anathema to Bullies – Melody Kawamoto, M.D. Amita Patel, M.D., and Darshan Sehbi, M.D.
2:00 pm – 2:45 pm	Aging in America – Amita Patel, M.D.
2:45 pm – 3:30 pm	Stress Management – Joe McCollum, M.D.

IV. HEALTH / FITNESS PRESENTATIONS – 2nd Floor, CLASSROOM 204

11:00 am – 11:45 pm	Discussion: Drug Addiction – Darshan Sehbi, M.D.
11:45 am – 12:30 pm	Dental Care – Lynn Weaver, R.D.H.
12:30 pm – 1:00 pm	Discussion: Hospice Care – Beth Delany, CNP
2:00 pm – 2:45 pm	Discussion: Domestic Violence – Shreya Bhandari, Ph.D., Associate Professor, Department of Social Work, Wright State University
2:45 pm – 3:30 pm	Depression Prevention Strategies – Simran Sehbi, M.D.

V. FITNESS EXPO (Individually-guided Activities) – 2nd Floor, SMALL CHAPEL

10:00 am – 12:00 noon	Guided Meditation – Uma Mullapudi, Professional Trainer, Heartfulness Meditation Center (HMC)
12:00 pm – 12:50 pm	Yoga – Anjali Branon, Trainer, Synergy Yoga, HMC
2:00 pm – 3:30 pm	Guided Meditation – Uma Mullapudi, Professional Trainer, HMC

VI. ETHNIC COOKING DEMONSTRATIONS – 2nd Floor, PARLOR

Cooking demonstrations, featuring quick, easy-to-follow recipes for healthy ethnic dishes -- samples and recipes provided! One-hour sessions begin at 9:30 am, 10:30 am, 11:30 am, 2:00 pm, and 2:45 pm.