February 13

Mini Health Fair
A unique opportunity to gain access to health resources from local medical and health organizations. You'll have the chance to interact with representatives from Jackson Park Hospital.
10:30 a.m. to 1 p.m., Main Level in Black Creativity exhibit

Workshops
- Preparing for Puberty—What Our Mothers Didn’t Tell Us
  This workshop covers the signs and symptoms of early-onset puberty and includes tips for managing teen and pre-teen angst. Helpful tips and resources will be given to parents of pubescent children. Speakers will also address physical, mental, and socio-emotional impacts of puberty on young girls and their future health as adult women.
- Speaker: Dr. Donna Perry, Christian Community Health Center; Dr. Veronica Robinson, emergency room physician at Advocate Trinity Hospital; and Dr. Felicia Davis, anesthesiologist, John Stroger Hospital.
11 a.m. to noon, Lower Level in the Little Theater

Cooking Demonstration
Chef Tsadakeehyah Emmanuel will be whipping up healthy, mouth-watering fare in a special cooking demonstration. Tastings will be provided to the audience. Chef Emmanuel is a personal chef and the owner of Manjars 33, an upscale restaurant opening in the Bronzeville community in Spring 2010. Emmanuel began cooking with the African Hebrew Community—the Kingdom of Yehow (KUY)—and quickly earned a reputation as an amazing chef who puts the soul into soul food.
Noon to 1:30 p.m., Main Level in Black Creativity exhibit

February 14

Black Creativity Family Day
Black Creativity Family Day offers a full day of fun for the young ... and young at heart.

Career Bowl
Kids compete in a lively game show that highlights careers in the health and medical sciences, and encourages youth to consider healthy lifestyles. If you are interested in participating, please contact Tamera Edwards-Chilton at (773) 753-7053.
10 a.m. to noon, Lower Level in the Little Theater

Mini Health Fair
This is a unique opportunity to gain access to health resources from local medical and health organizations. You’ll have the chance to interact with representatives from the Chicago Health Department and other organizations with health outreach programs that serve the African-American community. CPR training will be provided by Dr. Katherine Brown and Associates.
10 a.m. to 1 p.m., Main Level in Black Creativity exhibit

CPS Students Connect with Scientists in Ambitious Scientists@Project
Through a partnership with The HistoryMakers, the Museum of Science and Industry, Black Creativity and the Chicago Public Schools, a youth interview event—HistoryMakers@Project—will be offered on Black Creativity Family Day. Two hundred CPS students from Shakespeare International Charter School and Parker Community Academy have been given the opportunity to interview five of the nation’s leading African-American health scientists: Dr. Joanne Berger-Sweeney of Wellesley College, Dr. Edwin Cooper of UCLA, Dr. Erich D. Jarvis of Duke University, Dr. Roderic Pettigrew of the National Institute of Biomedical Imaging and Bioengineering, and Dr. John Stroger Jr. of the University of Chicago. Dr. Kittles will interview the scientists in front of a live audience that will air on public television. Food will be served and entertainment is being provided by noted jazz vocalist Sue Conway and her trio.
This event is also open to the public, please RSVP to Tamera Edwards-Chilton at (773) 753-7053.
Space is limited. Scientists@Project: African Americans in Science is a project of TheHistoryMakers (www.thehistorymakers.com).

February 20

Get Moving!
Plates and GYPRONIC® Architect Jacqueline DeWitt will stretch your mind and body in this mini workshop (no equipment or prior experience required). DeWitt holds multiple certifications and has undergone intensive training in Pilates, massage, bodywork and dance.
10:30 a.m. to noon, Main Level in Black Creativity exhibit

Cooking Demonstration
Mr. Quentin Love will be whipping up healthy, mouth-watering fare in a special cooking demonstration. Tastings will be provided to the audience. Mr. Love is the president of the Love Food Group, and operates several popular restaurant chains in Chicago.
Noon to 1:30 p.m., Main Level in Black Creativity exhibit

February 27

Get Moving!
Yoga instructor Yasirra Algep will stretch your mind and body in this mini workshop (no equipment or prior experience required). He has taught yoga for more than 30 years and is recognized nationally and internationally as one of the foremost masters and innovators of Kemetic Yoga (ancient Egyptian systems).
10:30 a.m. to noon, Main Level in Black Creativity exhibit

Panel Discussion
Lifting As We Climb: Strategies for Developing Healthy African-American Youth
Each night in Chicago, the media covers the senseless murders of urban youth. By and large, the victims are African-American and Latino. In addition, dozens of young people are killed and a number of children of color who are obese and suffering with chronic illnesses as a result. Many African-American youth are faced with dire social factors that impact the quality and longevity of their lives. This panel engages three of the most innovative pediatric physicians, along with a long-time grassroots activist in an engaging dialogue about solutions to some of these problems. Speakers include Dr. Lisa Thornton, assistant professor of Pediatrics, Orthopedics and Rehabilitation at Lurie Children’s Hospital and Dr. Arvind Chawla, associate professor in the Department of Health Services at UCLA School of Public Health and Co-Director of the UCLA Kaiser Permanente Center for Health Equity; Dr. Dorianne Miller from the University of Chicago’s Center for Community Health Equity, and Robert “Saw” Harris, community organizer, prevention specialist, educator and public health advocate.
1:30 p.m., Lower Level in the Little Theater