



# THE SEVENTH ANNUAL HEALTH & WELLNESS WEEKEND



Join us as we explore concepts that focus on the enhancement of our mental, physical, spiritual, financial and environmental health. Participate in fun, informative activities that will teach creative ways to live healthier lifestyles and help build healthier communities.

## FRIDAY, AUGUST 16TH

## SATURDAY, AUGUST 17TH

## SUNDAY, AUGUST 18TH

10:00am

6:30am

12:00pm-5:00pm

1:00pm-4:00pm

### Public Hearing with Rep. Jake Wheatley on Financial Future of Pennsylvanians

**BNY MELLON - Andrew Mellon Room**  
3rd Floor Conference Center  
500 Grant Street, Pittsburgh, PA 15219

5:30pm-9:30pm

### Opening Night Mixer: Making Money Move\$

**COLAB 18 - Inside Nova Place**  
100 South Commons, Pittsburgh, PA 15212  
(Formerly Allegheny Center Mall)

Join us for an enjoyable evening of networking, acknowledgement & celebration. Step into your financial future as you dance the night away listening to the soulful sounds of The Bill Henry Band and TeeJay the DJ!

Ticket Price: \$10

Complimentary Food, Beer, Wine, & Parking: Use Gate 4

Music by: **Tee Jay the DJ**

Performance by: **The Bill Henry Band**

RSVP online at: [openingnightmixer2019.eventbrite.com](http://openingnightmixer2019.eventbrite.com)

For more info: [hww19th.com](http://hww19th.com) | 412.471.7760

### Historic Hill 5K Run/Walk/Ride

On Freedom Corner in the Historic Hill District

You're invited to participate in the 2019 *Historic Hill 5K Run/Walk/Ride*. This year's race embodies the theme "Celebrating Families".

#### Schedule:

- 6:30AM - On-site Registration
- 8:00AM - Bike Ride begins
- 8:30AM - Run/Walk begins

**Race Ambassadors:** Roland Ford, Camille Clarke, Ron Scott, Deidre Lesesne & La'Vette Wagner

#### Registration Information:

Pre-Registration: \$20 | On-site Registration: \$25  
Groups (5+): \$15 per person

- Seniors (62+) & Children under 12 (w/ an adult) are free!
- Free Parking available in Upper Lot of PPG Paints Arena
- T-shirts guaranteed to participants registered by Aug. 1st

Register online at: [hww19th.com](http://hww19th.com) or [active.com](http://active.com)  
or at "The People's Office"

### Community Appreciation Day

Along Centre Avenue in the heart of the Hill District  
Between Centre & Elmore St. and Centre & Grove St.

Free Food • Financial Advisers • Mental Health Clinicians  
Environmental Specialist • Kids Zone: Carnegie Science Center  
Bouncy Obstacle Course • Face Painting • Children's Museum  
Carnegie Library • Food Trucks • Vendors & More!

HOST: WAMO's Own, Ki Ki Brown

#### Schedule:

9:00AM to 1:00PM

- 5th Annual Spinnathon, Hosted by YMCA

12:00PM - Registration begins

- Senior Lounge, Hosted by UPMC For Life

12:00PM to 3:00PM

- Employment Resource, Hosted by Building Bridges

- Medical Marijuana Card Certifications & Education

For information needed for certification contact:  
1.833.667.4665 or [shelly@mms4relief.com](mailto:shelly@mms4relief.com)

12:30PM - Welcome & Acknowledge Honorees

- Biggest Loser Challenge, by Kappa Scholarship Endowment

- Line Dancing with Roland Ford

1:10PM - Pittsburgh Cultural Arts Collective

1:30PM - KrunK-Performance: KrunK Movement

2:00PM - Lunch

- Backpack & Sch. Supplies Giveaway by Frank Walker Law

2:30PM - Spoken Word & Song: Featuring Jacquea Mae

3:00PM - Performance: Marie aka Miss Marciana

3:30PM to 5:00PM

- Kids Pool Party, Hosted by YMCA

**3:30PM: Block Party Feat. The Union**

Music By: DJ BLAKK STEEL, DJ BIG PHIL & DJ SELECTA

5:00PM - Bill Payment Giveaway & Closing Remarks

### Health Expo for African American Living (H.E.A.L.)

**Warrington Recreation Center**  
329 E Warrington Ave, Pittsburgh, PA 15210

Free Food • Free Health Screenings  
Prize Giveaways (Every 30 Minutes) • Community  
Basketball Game • Bouncy Obstacle Course • Face Painting  
Carnegie Library • Cooking Demonstrations • Games  
Arts & Crafts • Vendors & More!

HOST: WAMO's Own, Brother Marlon

#### Schedule:

1:00PM - Registration begins

- Basketball Tournament

1:30PM - Unity Dance: Pgh Cultural Arts Collective

2:00PM - Lunch

2:30PM - Zumba with Gail

3:00PM to 4:00PM

- Guardians of Sound Acoustic Hip Hop  
Featuring Christian Nowlin & Idasa Tariq

3:30PM to 4:00PM

- Live Entertainment & Dance Party

4:00PM - Bill Payment Giveaway & Closing Remarks

On-site Medical Marijuana Pharmacist provided by Maitri Medicinal



COMMUNITY PARTNERS: Friends of August Wilson Park, Hill Consensus Group, Hill Credit Union, Hill District Education Council, Tom's Barbershop

For more information, to be a volunteer or vendor, visit: [hww19th.com](http://hww19th.com) or call 412.471.7760.

