

AALI FOCUS ON THE COMMUNITY TV 2005 SCHEDULE

Health Initiative Calendar 2005

The African-American Leadership Institute in its role of providing leadership services and outreach programs to the community is introducing the 2005 Health Initiative.

We invited two resident professionals Dr. Elie Onyeali, D.C. and Dr. Chuma Obi-Udi to join our host Linda Williams for the year. Each comes with emphasis in health. Dr. Elie Onyeali is a Chiropractor, located in the community and Dr. Chuma has received a Ph.D. in Pomology-which is the study of minerals and vitamins that are contained in fruits and vegetables, and the impact they have on our health.

Our presentations are mere discussion tools to inform our community of common health issues, to offer basic education and information on nutrition, food, environment and behavior and how they interact on health and wellness.

We have defined health as: a state of well-being, both individual and community. Each goes hand and hand and are necessary for balanced health. Balancing health with lifestyle. We will focus on particular diseases (dis-eases) and illnesses, and hope to bring you wholesome information.

Our schedule is as follows through the end of the year:

May 24th May 31st	The Psychology of Disease, Relationships, family Relationships and Home Environment Fasting, Cleansing and Detoxification
June 21st	Fasting, Cleansing and Detoxification: Why practice and how they affect health and wellness.
June 28th	How often can we do these and what are the benefits – illustrations and justifications. Insomnia, Migraines and Chronic Fatigue
July 19th July 26th	Stroke and Heart Food and Sight
August 23rd August 30th	Skin Care and Health Hair Care and Health
September 20th September 27th	Importance of Fruits and Vegetables in our Diet Psychological Health Issues and HIV/aids in our Community- Will talk about behavioral conditions and attitudes that predispose one to the Aids Virus.
October 18th	Psychological Health Issues and HIV/aids in our Community- What we are supposed to do as individuals, families and community as diversion programs to evade it, the relationships of nutrition and HIV/Aids incidences, emission and containment.
October 25th	General Health discomforts
November 15th	Health tips for Health and Wellness
November 22 & 29	What is community health and how does it affect our general health, cross culture understanding, tolerance, containment and communication lines?
December 6th	Summary and New Year Schedule

We welcome your phone calls to our show on Denver Community Television (DCTV) on Tuesdays at 7pm. 303-296-4040, or e-mail us at aali@aali-rockymtn.org; call the office at 303-299-9055 x1. Additional services are available.