



Quaker City Alumnae Chapter
Delta Sigma Theta Sorority, Inc.
Dr. Wanda Miles Woodruff - President



Living Strong



Living Long

HEALTH & WELLNESS FAIR



April 22, 2023

10 am - 2 pm

Pinn Memorial Baptist Church
2251 N. 54th Street Phila., PA
19131





www.dstquakercity.org

Living Strong

Living Long



**WORKSHOPS FOR SEASONED CITIZENS
INCLUDE:**

LOWERING YOUR A1C
LINE DANCING
HEALTHY BRAIN AGING
MAKE-UP TUTORIALS
CHAIR YOGA
SELF DEFENSE
AND MORE

LIVE COOKING DEMOS
HEALTH SCREENINGS
GRANDPARENTS ZONE
GAMES, RAFFLES &
GIVEAWAYS



VENDORS SPECIALIZING IN:
MEDICAL & MENTAL HEALTH
WELLNESS & ALTERNATIVE
HEALTH
SAFETY & SECURITY

Health & Wellness Fair



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WORKSHOPS

Self-Defense at Any Age

Master Lawrence Whitaker

Marital Arts Instructor/Owner

Urban Defense LLC



12:00 - 12:30

Room B



12:00 - 12:30

Room A

Ageless: Beginner Make-up for the Mature Woman

La'Kia Abel

Make-up Artist & Photographer

Abel Eye Studio



12:35 - 1:05

Room A

Always Beautiful

Zina Johnson Patrick / Tazaray Ramsey

Hair Care Specialist / Extension Specialist

Hair 4 U

Be Red Cross Ready

Nat Giraud

Disaster Program Manager

JAI Yoga



12:35 - 1:05

Room B

Chair Yoga with Kamila

Kamila Ahmad

Yoga & Meditation Instructor

JAI Yoga



1:10 - 1:45

Room B



1:10 - 1:45

Room A

Fire Safety and Fall Prevention

FF Leopold Maysonet

Older Adult Team & Fire Prevention Division

Philadelphia Fire Department

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Health & Wellness Fair



WORKSHOPS



10:15 - 10:45
Room A

Full and Satisfied: Reversing My Diabetes through Evidence Unseen

Nancy Golden
Owner & Author
The Little Connies



What Can PCA Do For You

Mark Kendrick
Philadelphia Corporation for Aging



10:15 - 10:45
Room B



10:50 - 11:20
Room A

Mental Health Matters Any Stage In Life

Roxanne Robinson, M.A.,CLC
Psychotherapist
The Ladipo Group

Benefits of Incorporating Self-Massage Into Your Daily Routine

Kellie Greene
Owner & Operator
Main Line Mobile Massage



10:50 - 11:20
Room B



11:25 - 11:55
Room A

Healthy Brain Aging

Morgann Adams, MS
Outreach Coordinator
Penn Memory Center

Ditch the Workout & Enjoy the Dance Party

Vanyell "Vee" Zakia
Dance & Fitness Instructor
Zumba Fitness



11:25 - 11:55
Room B