

NEWSLETTER

WWW.TREASURECOASTLINKSINC.ORG

A members edition dedicated to our award winning umbrella program



SYNDROME X OR METABOLIC SYNDROME IS A COLLECTION OF DISEASES AND/OR RISK FACTORS THAT LEAD TO DIABETES, STROKE, HEART DISEASE AND EVEN DEATH. A DISPROPORTIONATE NUMBER OF AFRICAN AMERICANS ARE LIKELY TO BE IMPACTED BY SYNDROME X. LEAD BY THE HEALTH AND HUMAN SERVICES FACET, THE CHAPTER IDENTIFIED OPPORTUNITIES TO SUPPORT THE LINKING TOGETHER AGAINST SYNDROME X PROGRAM TO ADDRESS EDUCATION, AWARENESS AND PREVENTION.

IMPACT

- **EDUCATED OVER 3000 RESIDENTS OF THE TREASURE COAST REGARDING RISK FACTORS, PREVENTION AND TREATMENT OF SYNDROME X**
- **EDUCATED OVER 100 CHILDREN ON THE TOPIC OF CHILDHOOD OBESITY**
- **PROMOTED HEALTHY LIVING WITH AN EMPHASIS ON PHYSICAL ACTIVITY AND NUTRITION**

Approach

SUPPORTING ACTIVITIES AND EVENTS



Building off the tenet that a program is not one single activity or event but rather a collection of activities or events that tackles a complex problem, Linking Together Against Syndrome X has delivered a multifaceted approach to addressing Syndrome X for close to twelve years

SOME OF THE PAST AND PRESENT SUPPORTING ACTIVITIES AND EVENTS INCLUDE:

SMALL GROUP SESSIONS SUCH AS WOMAN TO WOMAN ENGAGEMENT EVENTS TO EDUCATE AND INCREASE AWARENESS OF SYNDROME X

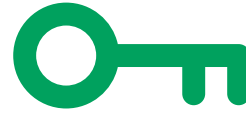
DISSEMINATION OF EDUCATIONAL MATERIALS TO INCREASE AWARENESS (SYNDROME X HAND CARDS/BROCHURES, RED DRESS HEART HEALTH AND OTHER MEDIA CAMPAIGNS)

PREVENTION STRATEGIES TO PROMOTE PHYSICAL AND MENTAL HEALTH, FOR EXAMPLE ANNUAL WALK-A-THON, HEART HEALTHY EXERCISE CLASS, COOKING DEMONSTRATIONS

CHILDHOOD OBESITY EDUCATION AT THE DAISIE HOPE CENTER

ANNUAL HEALTH SYMPOSIUM/FAIR WITH EXPERT PANELISTS, WORKSHOPS AND/OR HEALTH PROFESSIONALS ON SITE TO PROVIDE SCREENING, EDUCATION AND RESOURCES TO PROMOTE HEALTHY LIVING

Collaboration is the key



This program works because we work together. All five facets collaborate to deliver a program that is both transformational and sustainable as measured by its impact. Past and present community partners include Florida Community Health Centers, Faith in Florida,

Gertrude Walden Childcare Center, Dasie Hope, NAACP, Indian River State College, National Pan-Hellenic Council members and countless other organizations, business owners and health care professionals.



**T Shirts were
ordered for
the
following:**

Brenda Matheny

Taunya Bryant

Wilhelmina Lewis

Tamara celeste

Melanie George

Debra Sweeting

Arnater Martin Dowers

LaTanyaGreene

Synthia Snow

Mia Pintard-Ramsey

Nirlaine T. Smartt

Phyllis Gillespie

Harolyn Hall

Precious Knox

Rashondia Gaines

Natalie Desmangles

Jean Laws-Scott

Jovita Williams

Debra George

Sandy Boyd

Karen Alerte

Vickie Colter

Helen Lurry

Melody Creese

Shirley Atkins

Elizabeth Jackson

Venda Burgess

Gloria Gary

Claire Nash

Ophelia McDaniels

Candace Stone

Thelma Washington

Ophelia McDaniels

Kathryn Wilson

Beverly Hinton

Stephanie Taylor

HOW CAN YOU HELP?

**SHARE NEWS OF OUR LINKING TOGETHER AGAINST SYNDROME X
AND FOR BLACK FAMILY WELLNESS EVENT WITH YOUR COWORKERS,
FAMILY AND FRIENDS.**

**DOWNLOAD A COPY OF THE INVITATION LETTER AND FLYER BY CLICKING THE LINK
BELOW**



CLICK HERE



**REGISTER AT
WWW.TREASURECOASTLINKSINC.ORG
OR FIND US ON EVENTBRITE**



**SIGN UP TO VOLUNTEER THIS WEEK.
THIS IS A GREAT OPPORTUNITY
TO EARN MUCH NEEDED
VOLUNTEER SERVICE HOURS
CONTACT LINK HAROLYN HALL AT
(318) 547-0157 OR SIGN UP ON TRACK
IT FORWARD**

**IF YOU REQUESTED A CHAPTER PROGRAM T-SHIRT A LINK WILL BE IN YOUR AREA
TO DELIVER IT TO YOU NO LATER THAN FRIDAY, MARCH 17TH, OTHERWISE YOU CAN
COLLECT YOUR SHIRT AT OUR CHAPTER MEETING SCHEDULED FOR
SATURDAY, MARCH 18TH AT 9:00 AM AT TUTTO FRESCO.**