

Take advantage of a FREE event to improve your health and the health of your friends, family, and organization!

“Men’s Day Out: Taking Charge of Your Health Today” will showcase Hampton University and the Medical University of South Carolina’s men’s health and precision medicine health initiatives.

We invite you to join us in promoting and participating in “Men’s Day Out: Taking Charge of Your Health Today” on Saturday, February 23rd, 2019. This community-wide event is FREE for your family members and organization and will focus on the importance of disease prevention and healthy living. You will also learn about how precision medicine can be used to improve the treatments of conditions that affect our loved ones.

“Men’s Day Out: Taking Charge of Your Health Today” is an opportunity to promote the benefits of disease prevention and living a healthy life. As part of this event, participants will receive important free health screenings and education about the conditions that affect them, such as cardiovascular disease and prostate cancer. There will be lots of opportunities to win wellness related prizes throughout the day in our free drawings.

“Men’s Day Out: Taking Charge of Your Health Today” can be a part of your organization’s current or newly-forming wellness initiatives. Send your family members, church family, friends, and employees the message that you care about their health by promoting this event to them. Men are encouraged to bring their sons to learn more about how to live a healthy lifestyle. Kids can experience this event on their own level with crafts, games, activities and prizes.

To learn more visit: WWW.HUKNOWSCANCER.COM

For more information contact: Kenneisha.Edmonds@hamptonu.edu

“Men’s Day Out: Taking Charge of Your Health Today” is presented by the Hampton University Cancer Research Center, the MUSC Transdisciplinary Collaborative Center in Precision Medicine and Men’s Health (NIH-U54MD010706) and the NSU Center of Excellence for Minority Health Disparities in partnership with the following partners: HU School of Nursing, HU School of Pharmacy, and HU School of Physical Therapy



MEN'S DAY OUT:
TAKING CHARGE OF YOUR HEALTH TODAY!

WHEN
FEBRUARY 23rd
8AM-12PM

WHERE
EBENEZER BAPTIST CHURCH
HAMPTON, VA

ALL AGES EVENT

FREE ENTRY
EDUCATION
INFORMATIONAL

BRING YOUR DADS, HUSBANDS, BROTHERS, FAMILY, & FRIENDS

FEATURING
Blood pressure screening
Cholesterol screening
Diabetes testing
Prostate cancer risk assessment
Men's health
Precision Medicine
Clinical Trials

WWW.HUKnowsCancer.com

Here are 10 things your organization can do to make the most of this opportunity:

- 1) **Locate a high visibility area within your organization and post “Men’s Day Out: Taking Charge of Your Health Today” flyers.** Place them in areas of high visibility, i.e., counter space or display rack. Request posters, flyers or FREE raffle cards
- 2) **Place “Men’s Day Out: Taking Charge of Your Health Today” on your next meeting agenda and emphasize the importance your organization places on their health and your support of this event.** (see enclosed talking points)
- 3) **Communicate with your team and encourage your team to invite their families to “Men’s Day Out: Taking Charge of Your Health Today”.** Include an announcement in your organization newsletter and/or intranet. (See suggested copy newsletter/ intranet)
- 4) **Send emails to your family members, church family, friends, and employees and share the many reasons why they should attend the “Men’s Day Out: Taking Charge of Your Health Today”** (See suggested email content designed to introduce and motivate your employees to attend.)
- 5) **Send out email communications to your family members, church family, friends, and employees.** Send an email to all of your email lists inviting them to attend this event and directing them to the website link.
- 6) **If you have a storefront window or marquee, consider sharing this important message and show your community support.** (See suggested community message for marquee)
- 7) **Talk to other area businesses and local organizations that are close in proximity to your organization.** Encourage them to contribute to the success of this event. If you have counter space or available space on a display, you can request we deliver a supply of flyers. We also have posters for your window and bulletin board.
- 8) **If your organization has a product or service that is wellness related, you can offer a prize for the “Men’s Day Out: Taking Charge of Your Health Today” raffle.** Your generosity will be noted on the event website and other signage.
- 9) **Become a “Men’s Day Out: Taking Charge of Your Health Today”.** (Request a sponsorship form).
- 10) **If you are a Health-related organization, you are invited to showcase your wellness initiatives in the worksite wellness area** (request a special booth application)

See separate enclosures

1. Sample employee memo
2. Sample communications for your company email and/or newsletter
3. Message for Marquee
4. Poster (request additional posters by contacting_____)

MEMO TO: All members of our organization

SUBJECT: “Men’s Day Out: Taking Charge of Your Health Today”

Saturday, February 23rd, 2019, 8:00am-12:00pm

Ebenezer Baptist Church

171 Semple Farm Rd

Hampton, VA 23666

In today’s fast-paced world where most of our lifestyle choices are influenced by convenience and technology, chronic health conditions have begun to rise at an alarming rate. By focusing efforts on prevention, several chronic diseases can be prevented or made less serious.

We want to do all that we can to promote better health for you and your family. Together, we can help each other to improve the culture of wellness. Simple steps include becoming more conscience of our snack and meal choices in the office or deciding to take a short walk during a break.

There are also many opportunities in our community that we can participate in together. As a starting place, we invite all employees and their families to participate in “Men’s Day Out: Taking Charge of Your Health Today”. “Men’s Day Out: Taking Charge of Your Health Today” is a FREE event on Saturday, February 23rd, 2019 from 8:00am-12:00pm at Ebenezer Baptist Church on 171 Semple Farm Rd, Hampton, VA 23666. This community-wide event focuses on the importance of living a healthy lifestyle in our community. Additionally, you will learn about how new tools, such as precision medicine, can improve how health conditions can be treated.

We encourage you and your families to take part in this event. There will also be free health screenings, entertainment and prizes. More information about “Men’s Day Out: Taking Charge of Your Health Today” can be found at HUKNOWSCANCER.COM.

We hope that you and your family members will take part in “Men’s Day Out: Taking Charge of Your Health Today”.

“Men’s Day Out: Taking Charge of Your Health Today” is presented by the Hampton University Cancer Research Center, the MUSC Transdisciplinary Collaborative Center in Precision Medicine and Men’s Health (NIH-U54MD010706) and the NSU Center of Excellence for Minority Health Disparities in partnership with the following partners: HU School of Nursing, HU School of Pharmacy, and HU School of Physical Therapy

Sample Social Media Communications (Please feel free to make any necessary changes)

(name of your organization) invites you and your family to attend “Men’s Day Out: Taking Charge of Your Health Today”. This is a free event to promote better health in men. We encourage our employees to take part in this day of health and education. We also encourage you to take advantage of the many free screenings that will be offered.

Visit: HUKNOWSCANCER.COM

As your employer, we want to do all that we can to promote better health for all of our employees and their families. There are many opportunities in our community that will allow us to get important health screenings and important health education. One of the best opportunities is “Men’s Day Out: Taking Charge of Your Health Today” which will take place on Saturday, February 23rd, 2019, 8:00am-12:00pm at Ebenezer Baptist Church on 171 Semple Farm Rd, Hampton, VA 23666. We invite our employees to take part in this day of healthy fun for all ages.

Visit: HUKNOWSCANCER.COM

In today’s fast-paced world where most of our lifestyle choices are influenced by convenience and technology, chronic health conditions have begun to rise at an alarming rate. As your employer, we invite you to “Men’s Day Out: Taking Charge of Your Health Today”, a daylong event to promote wellness in our worksite, schools and community.

Visit HUKNOWSCANCER.COM for information.

We hope you and your family will join _____ and enjoy a day of (Organization Name) health education and important health screenings at “Men’s Day Out: Taking Charge of Your Health Today” on Saturday, February 23rd, 2019, 8:00am-12:00pm at Ebenezer Baptist Church

Visit: HUKNOWSCANCER.COM


Precision medicine can improve prostate cancer treatment decision making. Come find out how at “Men’s Day Out: Taking Charge of Your Health Today” on Saturday, February 23rd, 2019, 8:00am-12:00pm at Ebenezer Baptist Church

Visit: HUKNOWSCANCER.COM

Precision medicine can determine the best drug to treat heart disease. Come find out how at “Men’s Day Out: Taking Charge of Your Health Today” on Saturday, February 23rd, 2019, 8:00am-12:00pm at Ebenezer Baptist Church

Visit: HUKNOWSCANCER.COM

Pictures, Posters and Flyers



MEN'S DAY OUT:
TAKING CHARGE OF YOUR HEALTH TODAY!

WHEN
FEBRUARY 23rd
8AM-12PM

WHERE
EBENEZER BAPTIST CHURCH
HAMPTON, VA

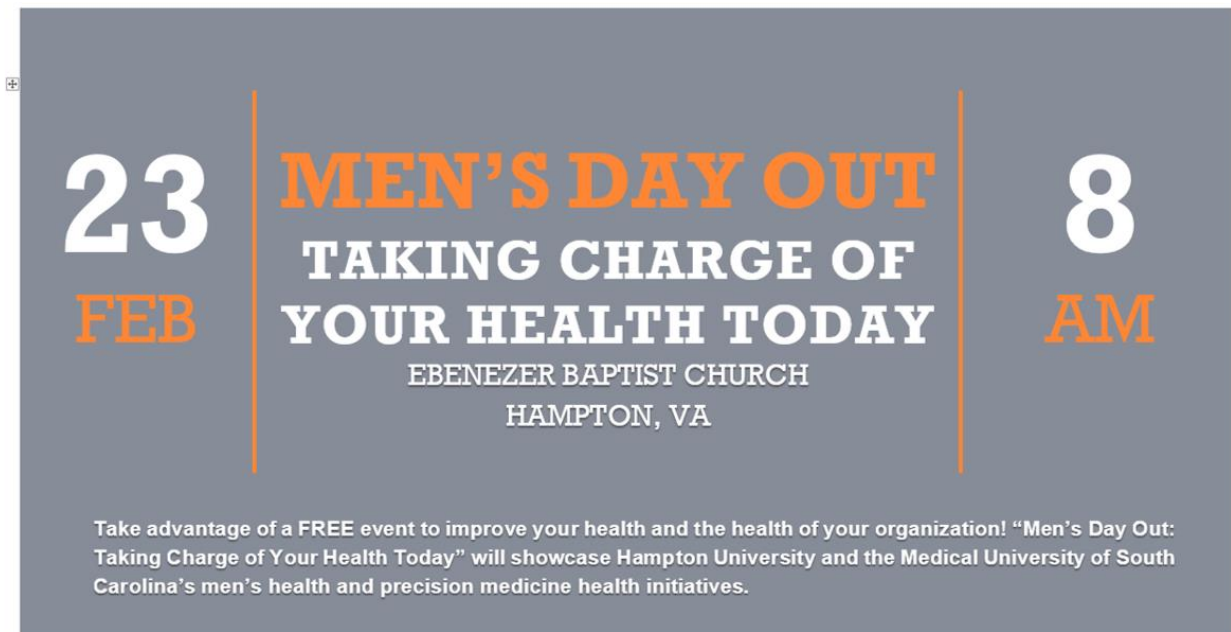
ALL AGES EVENT

FREE ENTRY
EDUCATION
INFORMATIONAL

BRING YOUR DADS, HUSBANDS, BROTHERS, FAMILY, & FRIENDS

FEATURING
Blood pressure screening
Cholesterol screening
Diabetes testing
Prostate cancer risk assessment
Men's health
Precision Medicine
Clinical Trials

WWW.HUKnowsCancer.com



23
FEB

MEN'S DAY OUT
TAKING CHARGE OF
YOUR HEALTH TODAY

EBENEZER BAPTIST CHURCH
HAMPTON, VA

8
AM

Take advantage of a FREE event to improve your health and the health of your organization! "Men's Day Out: Taking Charge of Your Health Today" will showcase Hampton University and the Medical University of South Carolina's men's health and precision medicine health initiatives.



MEN'S DAY OUT: Taking Charge of Your Health Today!

FREE Health Screenings for ALL MEN!

Saturday, February 23rd, 2019, 8:00am-12:00pm



Ebenezer Baptist Church
171 Semple Farm Rd
Hampton, VA 23666

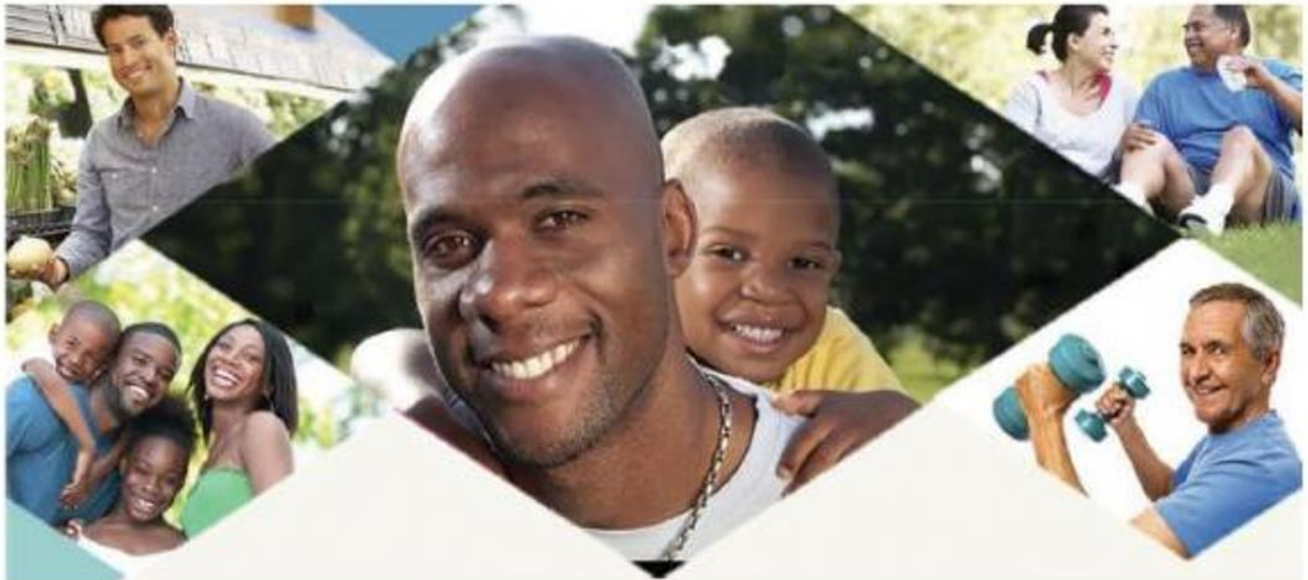


Heart Health Diabetes Prostate Cancer
Precision Medicine Clinical Trials
Educational Literature Displays

Professional Staff Available for Questions and Brief Consultations



Sponsored by the
Hampton University Cancer Research Center and
MUSC Transdisciplinary Collaborative Center in Precision Medicine and Men's Health
(NIH-U54MD010706)



Men's Day Out:

Taking Charge of Your Health Today

Saturday, February 23rd, 2019
8:00am-12:00pm

Ebenezer Baptist Church
171 Semple Farm Rd
Hampton, VA 23666



Join us to receive FREE Health Screenings & Information on Men's Health Issues, such as Blood pressure, diabetes, prostate health, and more!

For more information, contact:
Kenneisha Edmonds (757) 727-5893
Or kenneisha.edmonds@hamptonu.edu

Sponsored by:
Hampton University Cancer Research Center
MUSC Trans-disciplinary Collaborative Center in
Precision Medicine and Men's Health
NIH-U54MD010706



Additional Ideas for Email Announcements

Don't miss "Men's Day Out: Taking Charge of Your Health Today"—FREE for all of our employees and their families – Saturday, February 23rd, 2019, 8:00am-12:00pm at Ebenezer Baptist Church.

Free health screenings provided by Hampton University
Lots of free give-a-ways and chances to win door prizes all day long
HUKNOWSCANCER.COM

SUGGESTED MESSAGE FOR YOUR MARQUEE
"MEN'S DAY OUT: TAKING CHARGE OF YOUR HEALTH TODAY"
Saturday, February 23rd, 2019, 8:00am-12:00pm
Ebenezer Baptist Church

FREE DOOR PRIZE TICKETS FOR "MEN'S DAY OUT: TAKING CHARGE OF YOUR HEALTH TODAY" AVAILABLE UPON REQUEST

Door Prize vouchers can be exchanged at "Men's Day Out: Taking Charge of Your Health Today" for chances to win prizes throughout the event. We are offering an opportunity for your organization and staff to utilize this tool to motivate and incentivize employees to attend.

Please contact Ms. Edmonds at Kenneisha.Edmonds@hamptonu.edu to request quantities for your office as needed, or call 757-727-5893.
For more information about this event visit: HUKNOWSCANCER.COM

***“Men’s Day Out: Taking Charge of Your Health Today!”
Educational and Health Fair***

To whom it may concern:

The *Hampton University Cancer Research Center and the MUSC Transdisciplinary Collaborative Center in Precision Medicine and Men's Health* Program invites you to participate in ***“Men’s Day Out: Taking Charge of Your Health Today!”***

“Men’s Day Out: Taking Charge of Your Health Today!” promotes awareness of all aspects of wellness. The event gives you an exciting opportunity to share educational information and to provide valuable health and wellness resources through samples, health screenings, hand-outs, and interactive activities.

“Men’s Day Out: Taking Charge of Your Health Today!” is scheduled for February 23rd, 2019 from 8am to 12pm at Ebenezer Baptist Church in Hampton, VA.

Exhibitors can include state department programs, non-profit organizations, community organizations and local businesses from the Hampton Roads region who have helped make a difference in the health of its citizens.

Each exhibitor will have one six-foot table and chair. Once you, you will be provided a number which will help you locate where you will be exhibiting for the day. Each table in the rooms will be labeled with your name and a number.

If you need any special accommodations, including access to an electrical outlet, please complete the attached application and e-mail to Kenneisha Edmonds at kenneisha.edmonds@hamptonu.edu by February 1st, 2019. We will contact you once we have finalized all approved exhibitors.

The *Hampton University Cancer Research Center, the MUSC Transdisciplinary Collaborative Center in Precision Medicine and Men's Health (NIH-U54MD010706) and the NSU Center of Excellence for Minority Health Disparities* Programs looks forward to this exciting opportunity to bring together community members and to educate them on the importance of healthy behaviors to prevent disease and improve their lives. We believe that your participation will contribute to the success of this event. If you have any questions, feel free to contact Kenneisha Edmonds at kenneisha.edmonds@hamptonu.edu.

Thank you in advance for your consideration!

EXHIBITOR APPLICATION FORM

“Men’s Day Out: Taking Charge of Your Health Today!”

February 23rd, 2019

8am to 12pm

Ebenezer Baptist Church in Hampton, VA

In order to make the event a success, we want to make sure you are provided the appropriate space, equipment and items for your exhibit. Please complete and return this form to Kenneisha Edmonds at kenneisha.edmonds@hamptonu.edu by February 1st, 2019

You are welcome to promote your goods and services but no sales (exchange of funds) are allowed during Healthier U events on state property.

Organization/Agency/Program:

Contact Name:

Phone Number:

Email Address:

The following items are available to use for your display. Please check item(s) you will need.

_____ 6-foot table _____ Electrical Outlet

_____ Number of Chairs _____ Other-please specify:

Briefly explain what your participation will entail:

Description of item(s):

You may begin setting up your display at 7:00am. If you require more than 30 minutes to set-up, please let us know.