



# AFRICAN AMERICANS

## For Balanced Health

<i>Date</i>	<i>Topic/Event</i>	<i>Presenter</i>
January 25	“Cleansing/Detoxifying Your Body Temple”	Todd Lynum Herbalist Advisor
February 22	“Achieve Financial Health and Wellness”	Lolla Lea Financial Planner/Advisor (From Los Angeles, CA)
March 22	“Therapeutic Uses of Crystals and Sacred Stones”	Ras Ben Author of <i>(Rocks of Ages)</i> (From Philadelphia, PA)
April 26	“Reclaiming Your Sovereignty in America”	Jah Ra El Bey Moorish American <u>(this is subject to change)</u>
May 17	“Kemetic Culture & Food”	Dr. Ymon, PHD Prof. of African Studies
June 28	“How Men can Prepare for and Maintain a Positive Relationships”	Lenon Honor Relationships Counselor (From Los Angeles, CA)
July 26	“Endocrine Systems & Mind Body Connection”	Damani Sukumu Student of Nutrition
August 23	"The History and Science of Kemetic Yoga"	Rochanda Ziglar KemeticYoga Instructor
September 13	“19 <sup>th</sup> Annual "Fun In the Sun”	<u>This Is subject to change</u>
October 25	“Diabetes and Childhood Obesity”	Nemmsaiu Amen-Sebek Herbologist, Author (From Cincinnati, Ohio)
November 22	“Food Addictions”	Melissa Gabeau, PHD
December 6	“19 <sup>th</sup> Annual “Holiday Vegetarian Potluck”	Location TBA

For more information, visit our website at [www.aabh.net](http://www.aabh.net) or call toll-free 1-877-491-AABH (2224)