

FREE SESSIONS, HEALTH SCREENINGS, GIVEAWAYS, BREAKFAST & LUNCH



**FALL 2025
HEALTH
SUMMIT
& EXPO**
A HYBRID EVENT

C H A R L O T T E

NOV
15

SAT.
8 AM - 4 PM

FRIENDSHIP MISSIONARY BAPTIST CHURCH
3400 BEATTIES FORD ROAD, CHARLOTTE, NC 28216

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Proud to support Black Health Matters Fall Summit

We are in the business of breakthroughs—the kind that transform patients' lives. Dedicated to our mission of discovering, developing and delivering life-saving innovations that help patients prevail over serious diseases, we'll never give up our search for more hope, for more people, around the world.

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OUR HEALTH, OUR WELLNESS...ADVOCATING FOR A HEALTHIER TOMORROW!!!

Thank you for joining Black Health Matters (BHM) for our Fall 2025 Health Summit & Expo at Friendship Missionary Baptist Church! BHM is committed to raising awareness of chronic diseases that plague our community. We want you to know, and understand, the risk factors and treatment options so you can feel empowered on your health journey. BHM does this by bringing educational programs like our award-winning health summits and expos directly to you, because, the truth is, information is power!

The United States has the most advanced medical technology in the world and spends more on health care than any other country. Yet the health outcomes of Black Americans are, by several measures, on par with those of people living in far poorer nations. The good news is that we have the Affordable Care Act which provides an institutional path that gives us access to better care and puts us more in charge of our own health. We are now entitled to preventive services such as mammograms, Pap tests and more. If we get sick, we'll no longer need to worry about our policies being cancelled – it is our right to be covered.

You are here today because you are inspired. You are taking steps that will separate you from so many who are being defeated by the healthcare system in the United States. You can break it down to three things:

1. The clarity of the vision that you desire and deserve to be healthy. **2.** The courage of your conviction to seek the best care possible. **3.** The ability to effectively work toward these goals.

Taking care of ourselves, over a lifetime, requires that we adopt a holistic approach with healthy eating habits and preventative care. Starting early can ensure a healthier life, and it's never too late to start! Use the BHM Summits and Expos to help celebrate your journey to wellness. Dance and dine with us, speak with healthcare professionals and health navigators, listen to informative presentations, and be screened for the chronic conditions that impact us most.

You've made a commitment to living your best life. Continue to be the change that you want to see, because **#blackhealthmatters**.



ROSLYN YOUNG-DANIELS
FOUNDER & CEO



LESLIE GARCIA-FONTENOT
VP, MANAGING DIRECTOR



DEDRA N. TATE
EXECUTIVE PRODUCER &
VP, EVENT PRODUCTION



LINETTE ROACH
SENIOR DIRECTOR,
AUDIENCE ENGAGEMENT
& EXTERNAL RELATIONS

My Health Can't Wait

by J&J



Your health is vital — but prioritizing it can be hard. My Health Can't Wait is here with information and resources to support your health journey. Scan the QR code to access resources and request a reminder in six months to continue prioritizing your health.



Data rates may apply

By scanning the QR code, you agree to receive text messages from Johnson & Johnson Services, Inc., our affiliates and our service providers to the phone number provided by scanning the QR code that includes information about the My Health Can't Wait events and other resources to help support you on your healthcare journey. Message frequency varies. Reply STOP to opt-out and HELP for help. Please read our Privacy Policy - <https://www.myhealthcantwait.com/privacy-policy> and Terms of Use - <https://www.myhealthcantwait.com/legal-notice>

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FALL 2025 HEALTH SUMMIT & EXPO

A HYBRID EVENT

AGENDA & EVENT PROGRAM

Black Health Matters (BHM) is a leading communications company that provides inclusive health and wellness information that is rooted in medical expertise to the Black community. How do we do it? We partner and collaborate directly with top physicians, community advocates and health companies to host free virtual events and share articles to help raise awareness on risk factors and chronic diseases that disproportionately impact Black Americans. Our ultimate goal is to help Black Americans cut through the confusion and feel empowered on their health journey.

Now more than ever, it's important to bring topics of Black healthcare that have been historically disregarded to the forefront. That's why we're so excited to invite you to our **BHM Fall 2025 Health Summit & Expo** (it's in person and streamed live!) with the aim of helping you take better care of yourself, your loved ones, and your community.

SUMMIT OBJECTIVES

- 1 Feature informative yet dynamic presentations and conversations on relevant health conditions and diseases, with world class healthcare professionals that focus specifically on the medical disparities that affect Black Americans.
- 2 Provide a safe space for medically underserved individuals to voice their opinions, concerns, experiences and act as a catalyst for radical change within health focused spaces.
- 3 Empower patients, advocates and caregivers by providing them with the most up-to-date information on various chronic conditions – including treatment options and clinical trials – so they will better understand how to identify risk factors that directly impact them and their community.
- 4 Amplify the reach of this rich educational information by providing access to the content (videos, articles, etc.) on all platforms post-Summit.

**TIP
#1**

Get Regular Medical and Dental Screenings

Adopt the habit of visiting your healthcare provider for preventative health visits. They should include physical examinations, tests for disease or other health problems, and dental screenings.

**TIP
#2**

Keep Track of Your Health Numbers

It is vital to know your health numbers and the ranges considered healthy, whether you have been diagnosed with a chronic disease or not. The most important things to know are:

- **Blood Pressure:** A normal reading is 120/80 or less. If you have been diagnosed with hypertension, aim for a number lower than 130/80.
- **Hemoglobin A1C:** If you do not have diabetes, it should be less than 5.7%. If you have diabetes, it should be less than 7%.
- **Cholesterol:** Your total cholesterol should be below 200, with your HDL, aka your good cholesterol, above 60, and your LDL, aka bad cholesterol, below 100.
- **BMI (Body Mass Index):** Anything under 25 is considered healthy; 25– 30 is overweight, and over 30 would be obese. (While this number alone cannot give you a complete picture of your weight, it should be looked at alongside waistline and body fat for a more accurate picture.)

**TIP
#3**

Know Your Family Health History

Do you know the diseases and health conditions that run in your family? There are some chronic diseases where genetics increase the likelihood of you developing the condition. Interview elders on both sides of the family who are still alive to gather any details they can share. Make a list of family members, any major medical conditions, when they were diagnosed, and their cause of death.

**TIP
#4**

Stay Active

Get moving to improve your health with a combination of cardio, aka activity that gets your heart pumping—walking, biking, or dancing—and muscle-strengthening exercises with weights, bands, or moves like squats or push-ups.

**TIP
#5**

Eat a More Colorful Diet

Incorporate more vegetables into your diet, including dark, leafy choices including broccoli, collard and mustard greens, kale, spinach, and dark lettuce; orange and red veggies like acorn and butternut squash, carrots, red bell peppers, sweet potatoes, and tomatoes.



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10 EASY WAYS TO DRINK MORE WATER



If you had a nickel for every time someone told you to drink more water, you might have enough for a downpayment on a house.

Still, you're willing to give it a try. You can make sipping water less of a chore with these 10 tips: Take a sip before every meal. Drinking a full glass of water before each meal makes you feel full and helps curb calorie intake. Go for flavor. Liven up the flavor by adding basil, celery, cucumber, ginger, grapefruit, lavender, lemon, lime, mint, oranges or strawberries to your carafe.

Cut sugary drinks with water and ice. If juice, iced tea or lemonade are more your speed, water down your drinks with H2O and a heaping helping of ice (shoot for a one-to-one ratio). You'll tamp down your craving for sweetness while giving your body the water it needs.

Mark your water bottle. Reach your personal goal by marking your water bottle by ounces or hours. Down a glass after common activities. Took a bathroom break? Chug a glass of water on the way back to your desk. Cleared 20 emails from your inbox? Drink. Passed the water cooler?

Get in eight ounces. Invest in a high-tech water bottle. Stay on top of your water intake with a high-tech bottle that records how much you drink and sends the information to an app on your smartphone. Choose sparkling water. If it's the bubbles you need, sparkling water, a zero-calorie drink, is just as good for you as still water. Keep a reminder handy. Put a gallon jug or large carafe on the kitchen counter, by your desk or beside your bed as a reminder to drink up.

Eat water-rich foods. About 20 percent of the water we consume each day is in our foods. So stock up on fruits and vegetables with a high water content. Some to try: baby carrots, bell peppers, blackberries, cauliflower, iceberg lettuce, spinach, watermelon and zucchini. Try the one-to-one rule when drinking alcohol. Match each cocktail with one glass of water. Avoid a hangover in the morning and balance out sugar-packed mixers and syrups. So much winning!



SCAN TO READ ONLINE



BRYAN*
LIVING WITH MG

Are You Living with Myasthenia Gravis? A Greater Everyday Can Start Today

With the right tools and support, you can aim for greater, from long-term goals to everyday tasks. Go for Greater gives you a 3-step action plan with resources that help you identify what you want—and go for it.

Sign up to Go for **YOUR** Greater
GoforGreaterWithMG.com

The Go for Greater Guidebook features:

- ★ Activities to track your symptoms
- ★ Tips for better communication
- ★ Exercises for you and your loved ones and more



Lung SCREENING SAVES Lives

Ask your doctor about a life-saving lung screening. Early detection makes lung cancer more treatable. We're here to help and offer hope!

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FALL 2025
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C H A R L O T T E

FEATURING



**TIMON KYLE
DURRETT**
Actor
"Beyond the Gates"



**NATISHA
LANCE**
Reporter,
Weekend Anchor
WBTV



**ALONZO
MOURNING**
Basketball Hall-of-Famer
APOLI-Mediated Kidney
Disease Advocate &
Paid Spokesperson for
Vertex Pharmaceuticals



**ALMA S.
ADAMS**
U.S. Congresswoman
12th Congressional
District of North
Carolina



OLYMPIA D.
Assistant Program
Director &
Midday Personality
105.3 FM



**DASHAUN
JOHNSON**
AKA
The Guru of Abs
Fitness Expert

8:00 AM  **Doors Open / Check-In / Breakfast Distribution**

8:00 AM  **Exhibit Booths & Health Screenings Open**

9:00 AM  **Welcome Messages**

Black Health Matters' Founder & CEO offers insight on BHM's mission and powerful call-to-action for the day, and Congresswoman Alma Adams brings welcoming remarks.



ROSLYN YOUNG-DANIELS
Founder & CEO



ALMA S. ADAMS
U.S. Congresswoman
12th Congressional District
of North Carolina

9:25 AM  **Morning Workout with The Guru of Abs**

SPONSORED BY
GURU OF ABS

Incorporating regular exercise into your routine can lead to a happier and healthier life. Let's get our fitness on with the Guru of Abs.



DASHAUN JOHNSON
AKA **The Guru of Abs**
Fitness Expert

9:45 AM  **Exploring IgAN: What You Need To Know About Living with IgA Nephropathy**

SPONSORED BY
TRAVERE

A comprehensive presentation to help educate participants about IgA nephropathy (IgAN), including background about the kidneys, details about what IgAN is and tips on how to manage, and live well, with IgAN.



SUZETTE HAYES, DNP, AGPCNP-BC
Rare Kidney Disease Educator
Travere Therapeutics

10:20 AM  **From Stigma to Strength: Navigating Mental Health in Our Communities**

SPONSORED BY
BLACK HEALTH MATTERS

This empowering conversation will share how mental health challenges uniquely affect individuals and the Black community. From recognizing symptoms, breaking cultural barriers, and finding trusted support, attendees will gain practical tools to prioritize their mental well-being.



JUSTIN PERRY,
MSW, LCSW, LCAS, CSI
Owner and Therapist
Perry Counseling
Healing and Recovery



SARAH J. STEWART,
PHD, M.ED.
Executive Director
Nora Mental Health

10:55 AM



Patient Power: Insights from the Front Lines of Myeloma

SPONSORED BY
BRISTOL MYERS SQUIBB

This interactive plenary brings together medical expertise and patient advocacy to deepen understanding of multiple myeloma (MM), with a special focus on its impact in the Black community.



MARIANA BROUSSARD
Associate Director,
Global Patient
Advocacy
Multiple Myeloma,
Bristol Myers Squibb



BRIAN ENGELHARDT
MD, MSCI
Director, US
Multiple Myeloma
Medical Engagement
Lead, Bristol Myers Squibb



ROBERT PUGH
Multiple Myeloma
Patient and
Community Advocate

11:30 AM



Life with an Autoimmune Condition

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Gain insights into the journey of Myositis through the perspective of a caregiver and advocate.



SHELLEY GERSON
Associate Director, US
Patient Advocacy
argenx



MERIEL PARKER
Myositis Caregiver and Rare
Disease Advocate

12:00 PM



Lunch Distribution, Exhibit Hall (Vendors & Screenings)

12:45 PM



Afternoon Workout with The Guru of Abs

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GURU OF ABS

1:00 PM



A Conversation About APOL1-Mediated Kidney Disease (AMKD)

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VERTEX

Join basketball Hall-of-Famer Alonzo Mourning for an inspiring fireside chat with BHM CEO & Founder Roslyn Young-Daniels and Dr. Stacy Johnson. Together, they'll discuss a genetic kidney disease known as AMKD and its disproportionate impact on the Black community, Alonzo's personal journey with the disease, and the critical role of proactive wellness.



**ROSLYN YOUNG-
DANIELS**
CEO & Founder,
Black Health Matters



**ALONZO
MOURNING**
Basketball Hall-of-Famer
APOL1-Mediated Kidney
Disease Advocate
Paid spokesperson for
Vertex Pharmaceuticals



**STACY
JOHNSON, MD**
Nephrologist & Clinical
Development Medical
Director, Vertex
Pharmaceuticals

1:50 PM



GYN Health: What Women Should Know about Endometrial Cancer

SPONSORED BY
EISAI

Learn how to recognize early signs of endometrial cancer, understand your risk factors, and take charge of your gynecologic health. This session empowers women to advocate for themselves and raise awareness of a disease that disproportionately affects Black women.



ALLISON M. PUECHL, MD
Gynecologic Oncologist
Atrium Health



CHARMEEN WILKES, PA-C
Physician Assistant at Atrium
Health Levine Cancer Institute
Gynecologic Oncology

2:25 PM



Breaking Health Barriers: Information that Empowers

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CISCRP

The lack of diversity in clinical trials means that the effectiveness and safety of treatments may not be fully understood for patients of color. Learn more from our partners, CISCRP.



DAPHNE PERCIVAL
Community Educator
CISCRP Journey To
Better Health Initiative



JOANNE NICHOLLS, EDD
Licensed Neuropsychologist
& Neuroscientist
Director of Oncology Clinical
Trials, Novant Health



**NICOL BRANDON,
MPA, CCRP, CCRC,
ACRP-PM**
Lead Clinical Research
Manager, GE Healthcare



NUBIA WHITAKER
Senior Manager, Health
Equity, Moderna

3:00 PM



What You Should Know About Lung Cancer Now

SPONSORED BY
ELI LILLY

Discover the latest lung cancer screening guidelines, risk factors, and advances everyone should know. Dr. Singh will share how early detection saves lives and why community awareness matters most.



JASPAL SINGH, MD MHA MHS FCCP FCCM FAASM
Professor of Medicine – Pulmonary, Critical Care, Sleep Medicine
Associate Dean for Faculty Development & Success – Wake Forest
University School of Medicine
Advocate Health, Levine Cancer Institute

3:30 PM



Raffles, Leaderboard & Closing Remarks / Exhibitors & Screenings

JOIN THE MOVEMENT
FOR BETTER HEALTH

OUR HEALTH, *Our Wellness*

A NATIONAL CALL TO ACTION

The Black Health Matters Foundation is launching Our Health, Our Wellness (OHOW)—a national health observance debuting April 2026.

This initiative empowers communities with the knowledge and tools to take charge of their health and well-being.

SCAN ME



SIGN UP TODAY TO
LEAD THE CHANGE IN
YOUR COMMUNITY.

WE'RE CALLING ON CHANGE
MAKERS, ADVOCATES, AND
COMMUNITY LEADERS TO:

- ✓ MOBILIZE FOR HEALTH EQUITY
- ✓ ADVOCATE FOR UNDERSERVED COMMUNITIES
- ✓ UNITE TO MAKE HEALTH A RIGHT – NOT A PRIVILEGE

BECOME A HEALTH
AMBASSADOR AND RECEIVE:

- ✓ TRAINING ON CHRONIC CONDITIONS IMPACTING COMMUNITIES OF COLOR
- ✓ TOOLKITS AND RESOURCES TO EDUCATE AND INSPIRE
- ✓ SUPPORT TO HOST EVENTS WITH SPEAKERS, SCREENINGS, AND MORE





At Eisai Inc., our *human health care (hhc)* mission ensures patients and their families come first. For more than 10 years, our Magnolia programs have helped meet the evolving needs of patients and their care partners.



magnolia
Purpose in Planning 

Magnolia *Purpose in Planning*[®] provides those affected by cancer, and their care partners, with a library of relevant financial, legal and advance care planning resources including toolkits, worksheets and videos.

“ The Magnolia Purpose in Planning website is extremely helpful for planning ahead. The material is valuable for patients, caregivers and family members. I would recommend it to anyone dealing with cancer.”

– Diane
CancerCare client



 **Meal Train[®]**
in partnership with magnolia

Meal Train[®] in partnership with Magnolia offers a shared online calendar to schedule and organize the delivery of meals to patients and families living with cancer.

“ It's amazing the difference Meal Train can make for those facing cancer. With two young children at home, it was a tremendous relief to have meals delivered every night as I recovered from surgery.”

– Kimberly
Meal Train recipient



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My Health Can't Wait
by J&J



BLACK HEALTH MATTERS TEAM

EXECUTIVE TEAM & ADMINISTRATION

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Dr. Patricia Saint Cyr-Hager, MA, DrPh (Candidate 2025) / COO, Innovative Health Engagement & Advocacy

Leslie Garcia-Fontenot / Vice President & Managing Director

Andrea Cosgrove / Corporate Finance

James Fiddmont / VP, Human Resources

Joyce Kent / Corporate Administration

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Anne O'Brien / Development Director

Jian Rice / Development Manager

BHM would like to thank Carolyn Lloyd and the Friendship Missionary Baptist Church family, Mary Elizabeth Gaffney, D.O., MPH and our FALL 2025 Health Summit & Expo support team including DJ Spike, Greg Payne, Raymond Hagans, Avian Harris, Averi Harris, Isaac Szego-Gonzalez and all the volunteers that helped make this event a success!!!

BALLROOM HALL AREA

1. argenx
2. Bristol Myers Squibb
3. Traverse
4. Vertex
5. Lilly
6. CISCRP
7. Eisai
8. Novartis
9. My Health Can't Wait

GYMNASIUM HALL AREA

1. Allergy & Asthma Network
2. Deciphera
3. Gift of Life – Marrow Registry

PARKING LOT

One Blood Mobile Unit:

Iron Screenings & Blood donation

CW Williams Community Health Center

Behavioral Health Screenings & HIV Testing

GYMNASIUM

1. The Links Incorporated – Carolina Pines Chapter
2. The Links Incorporated – Charlotte Chapter
3. Piedmont Black Nurses
4. Queen City Chapter TLOD
5. Chi Eta Phi, Iota Chapter
6. GirlTrek
7. Mecklenburg County Public Health
8. Mecklenburg County Government
9. Guardant
10. WEBE (The Women's Empowerment and Birth Equity Institute)
11. Piedmont Health Services and Sickle Cell Agency
12. Impact Benefit Consultants
13. Westside Boulevard Neighborhood Association/Three Sisters Market
14. Gaffney Health Services
15. MG Holistic Society
16. Mocha Moms, Inc.
17. Black Myeloma Health Healthtree Foundation
18. CW Williams Community Health Center: Blood Pressure, Glucose & Pregnancy Testing
19. Care Access
20. Prostate Education Network
21. CHUMS
22. Friendship Missionary Baptist Church
23. NAACP Charlotte
24. Atrium Health: PSA Screenings, Lung Cancer Risk Assessment and Referrals for Screening, Multiple Myeloma Risk Assessment & Blood Pressure Screenings
25. National Pharmaceutical Association
26. North Carolina Lung Cancer Initiative
27. Nora Mental Health
28. **CLINICAL TRIALS CORNER:** Bristol Myers Squibb

Put the ball in **your hands**

APOL1-mediated kidney disease (AMKD) can affect you—whether you're a basketball star or a fan cheering from the stands.

Visit www.PowerForwardTogether.com to learn about your risk of developing AMKD.



Alonzo Mourning

Basketball Hall-of-Famer diagnosed with AMKD

Alonzo Mourning is a paid spokesperson for Vertex Pharmaceuticals.

POWER
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