

African American Health Empowerment Expo

Volunteer Application

September 21, 2013, 10 a.m. – 2:30 p.m.
Pittsburg High School, 1750 Harbor Street, Pittsburg

Health Expo Purpose:

The purpose of this first Expo is to educate, inform, empower and inspire the African American Community to taking personal and collective action for health outcomes.

Health Expo Background:

The African American Health Empowerment Expo is a one day health event, started by members of the East County African American Reducing Health Disparities collaboration and East County Child Welfare Redesign Group to empower personal and community action to improve health and reduce health differences of African American residents in Bay Point, Pittsburg and Antioch.

Planning Committee Members of the Expo include: Los Medaños Community Healthcare District, Sutter Delta Medical Center, John Muir Hospital, the American Heart Association, Contra Costa Health Services and members of the community.

Health Expo Activities:

- Plenary Speaker: Aaron G. Perry, World’s First African American Diabetic Ironman
- Provide hands on health and dental education workshops including Juicing 101, Cooking with Chef Berlin, Stop Stress in It’s Tracks, Hypertension- Know Your Numbers, Diabetes Education, and Understanding the Affordable Healthcare Act.
- Provide family fitness activities through line dancing, hula hooping and Zumba
- Free Lunch
- Childcare

Availability

During which hours are you available for volunteer assignments? Please check all boxes that apply.

- Morning 7:30 – 11:30
 Afternoon 11:30 – 3:30
 During Entire Event

Interests

Check all tasks you may be interested in:

Shift Times

<input type="checkbox"/> Event Set-up/ Clean up	Assisting with setup and breakdown/clean up. Volunteers should plan to do heavy lifting and work both shifts.	7:30 – 9:30 & 2:30 – 3:30
<input type="checkbox"/> Greeter / Registration	Warmly greet Expo guests and assisting with registration process.	8:00– 11:00
<input type="checkbox"/> Culinary Team	Assist the culinary team with delivery, setup, preparation and serving meals during lunch service.	11:00 -12:30

<input type="checkbox"/> Kids Zone	Expo volunteers will relay messages from the Kid Zone (childcare area) to parents at the event.	9:00– Noon or Noon – 2:30
<input type="checkbox"/> Family Fitness Zone	Assist with setup, teardown and monitor safety in the family fitness area.	9:30 – 11 or 11:30 - 1:30
<input type="checkbox"/> Workshop Assistants	Responsible for assisting workshop leaders with distribution of workshop materials, room arrangement, classroom safety, collecting workshop evaluations and time keeper.	10:30 – 12:30 & 12:45 – 2:30
<input type="checkbox"/> Floater	May be asked to assist in any necessary areas were additional assistance is needed.	8:30 – 11:30 or 11:30 – 2:30
<input type="checkbox"/> Parking Assistant	Warmly greet and assist Expo guests who need parking assistance.	7:30 – 9:00 or 9:00 – 11:00
<input type="checkbox"/> Way-finder	Warmly greet and assist Expo guest with campus directions.	8:30 – 11:30 or 11:30 – 2:30

Contact Information

Name	
Date of Birth	
Street Address	
City, Zip Code	
Home Phone	
Cell Phone	
E-Mail Address	

Person to Notify in Case of Emergency

Name	
Street Address	
City	
Home Phone	
Cell Phone	
Relationship	

For more information regarding volunteering for the event, please contact Jaime Jenett at (925) 313-6216 or jaimejenett@hsd.cccounty.us.

Fax completed application to (925) 313-6840 or fill out and email to Jaime.jenett@hsd.cccounty.us.

For more information about the event, go to www.africanamericanhealth.us/