



FOR IMMEDIATE RELEASE

Attention Parents and Students

**100 Black Men of Atlanta Presents FREE Community Health Forum & Health Screening
at The B.E.S.T. Academy**

Atlanta, GA - The 100 Black Men of Atlanta, Inc., a leading organization dedicated to empowering and uplifting our community, is proud to announce that we will be hosting a FREE Community Health Forum and Health Screening event at the B.E.S.T. Academy gymnasium on August 12th, from 10 am to 2 pm. We cordially invite you and your loved ones to be a part of this transformative event.

Titled "Tackling Childhood Obesity & Type II Diabetes," this Community Health Forum aims to raise awareness and provide practical solutions to combat these prevalent health issues. We have assembled a lineup of truly remarkable speakers who will inspire, motivate, and guide attendees towards a healthier future.

Joining us for this momentous occasion is none other than Justin Blalock, the retired Atlanta Falcon. Justin will be sharing his personal struggles with childhood obesity, offering a powerful message of hope and determination. His inspiring journey will undoubtedly resonate with both parents and students alike, encouraging them to overcome adversity and embrace a healthier lifestyle.

But that's not all! We are honored to have the esteemed Lee Haney, an eight-time Mr. Olympia, gracing our event. Lee will be generously sharing his invaluable insights and secrets for maintaining a healthy diet and exercise routine. Prepare to be enlightened as he imparts his wisdom, leaving you equipped with the tools necessary to embark on your own fitness journey.

Moreover, we understand the importance of proactive health management. Therefore, adults attending the event will have the opportunity to undergo screenings for blood glucose levels, blood pressure, body mass index, and PSA for men. Knowing your numbers is paramount, and we aim to empower you with the knowledge and resources to take charge of your health.

The 100 Black Men of Atlanta, Inc., Health and Wellness Committee is dedicated to improving the health and wellbeing of our community. We wholeheartedly encourage the entire community to come out, learn, and engage in fellowship at this remarkable event. Let us join hands on August 12th, from 10 am to 2 pm, at the Best Academy Gymnasium to create a healthier, happier future together.

For more information, please visit our website at www.100blackmen-atlanta.org/ or contact us at 404-525-6220 or Inegron@the100atl.org.

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The vision of 100 Black Men of Atlanta, Inc. is to become the city's strongest, most self-reliant African American volunteer organization focused on education, enrichment and empowerment. A non-profit organization, The 100 provides college preparatory services and mentorship to at-risk Atlanta youth. Civic-minded members dedicate their time and talent as mentors to help boys and girls break the cycles of poverty, under-achievement and violence that plague their communities, thus enabling them to seek their highest potential. Since its inception in 1986, 100% of the students who complete Project Success, the organization's flagship program, have graduated from high school and 80% have graduated from college in four years, far outpacing the national averages. Project Success is a nationally recognized post-secondary preparation, tuition assistance, and mentoring program for Atlanta Public Schools (APS) students whereby the 100 Black Men of Atlanta provides tuition-assistance scholarships for all Project Success students who graduate from high school. For more info: <https://100blackmen-atlanta.org>

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