

Workshops Are
FREE and Open To the
Community!



Funded by
the Blue Cross Blue Shield
of North Carolina

Growing Healthy Communities

**A Community Health Workshop Program
Sponsored by Johnson C. Smith University**

The Growing Healthy Communities program is all about **EMPOWERING** our community with the resources and skills to live a **HEALTHY** and **ACTIVE** life.

April 19, 2012 6:30PM-8:00PM
Super Foods for Healthy Heart, Joints, Weight Loss and More.
Instructor: Dr. Indhu Gopal

April 26, 2012 6:30PM-8:00PM
Breakfast is a Good Investment, Break the Fast and Weigh Less.
Instructor: Dr. Indhu Gopal

May 1, 2012 6:30PM-8:00PM
Summer Detoxing. Come learn what cleansing your body is all about in 5 easy steps.
Instructor: Dr. Ama Bey

May 8, 2012 6:30PM-8:00PM
Are you listening to your body's many cries for water? Come learn how to heal through proper hydration.
Instructor: Dr. Ama Bey

May 15, 2012 6:30PM-8:00PM
What's Cooking? A practical guide to cooking and eating healthy all year round.
Instructor: Dr. Ama Bey

May 22, 2012 6:30PM-8:00PM
Vitamins A-Z, Come learn how vitamins work with foods to boost energy and increase vitality.
Instructor: Dr. Ama Bey

June 5, 2012 6:30PM-8:00PM
What's In Your Drugs and Supplements? Explore Medline Plus to find out.
Instructor: Monika Rhue

June 19, 2012 6:30PM-8:00PM
Learn how to search Medline Plus for healthy grocery shopping tips, healthy food guide, and nutritional facts to improve your health. Examples of food will be on display.
Instructor: Monika Rhue

June 26, 2012 6:30PM-8:00PM
Eating nutritiously is not hard. Get the Right Eating Facts To Improve Your Health?
Instructor: Monika Rhue

All workshops are located in the James B. Duke Memorial Library, Room 213
Johnson C. Smith University
Contact Monika Rhue
mrhue@jcsu.edu
704371-6730



**BlueCross BlueShield
of North Carolina**

An Independent Licensee of the Blue Cross and Blue Shield Association

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Meet The Instructors

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Dr. Ama Bey is the owner and director of Kamit Natural Foods. Dr. Bey opened Kamit Natural Foods in 1995. Kamit Natural Foods is the only health food store in Charlotte, NC that exclusively focuses on the health and well-being of African Americans. Dr. Bey has promoted holistic and scientific approach to health for 17 years through her store. Dr. Bey combines 25 years of experience in homeopathy, nutrition, flower essence therapy, and nutraceuticals.

Dr. Indhu Gopal is a Professor in the Health & Human Performance Department and a part of the Center of Excellence in Minority Health at Johnson C Smith University. She earned degrees from the University of Michigan, Ann Arbor in Human Physiology (M.S.) and the University of North Carolina, Greensboro (Ph.D.) in Exercise Physiology. Gopal emigrated from India, where she obtained a Bachelor's degree in Zoology and spent many years learning classical Indian Dance-Bharatha Natyam and Yoga. Dr. Gopal research focuses on obesity.

Monika Rhue is the Director of the James B. Duke Memorial Library at Johnson C. Smith University. Mrs. Rhue has over 13 years of library experiences including eight years as the University Archivist. Mrs. Rhue is the owner of Preserve Pro Inc, the only black owned archival consulting business in North Carolina. She is the author of *Organizing and Preserving Family and Religious Records: A Step-by-Step Guide*. Mrs. Rhue is passionate about healthy eating and promoting health awareness. She has been a vegetarian for 22 years.