

CMHA HOLDS ITS SEVENTH ANNUAL BROTHER TO BROTHER EVENT

The Real Men of CMHA

On Friday, September 16, 2011, CMHA hosted more than 230 people at the Golden Age Center for the annual “Brother to Brother” Health and Wellness Rap Session. This event showcases the men of CMHA estates by holding a series of “Breakout Sessions” where the men of CMHA could participate in discussions dealing with the mental and physical aspects of their health and wellness.

The keynote speaker was Reverend Jawanza Karriem Colvin Pastor from Olivet Institutional Baptist Church. He gave a phenomenal speech about the importance of creating a vision, plan, and then ultimately staying motivated to reach those goals. Additional remarks were made by Doris V. Jones, Vice Chairperson of the CMHA Board of Commissioners, Malfert Shaw, Executive Board Member of the Progressive Action Council, Jeffery K. Patterson, Acting CEO, and Henry Flonnoy, Distribution/Extermination Manger.

“This was my first CMHA Brother to Brother Event,” said Dempsey Story from CMHA’s Beachcrest Estate. “The entire day was very informative from the breakout sessions to the health care vendors. I’m extremely grateful for the program and all it has to offer.”