

Organization: Top Ladies of Distinction

County: Wake**Address:** 12228 Norwood Rd.
Raleigh, N.C. 27613**Phone:** 919-844-4755**Website:** None available**Project:** Event/ 2009 Health Conference for the Community*****Below are excerpts from their final report*****

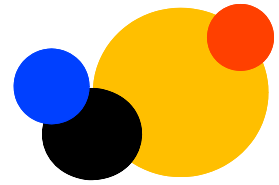
About the Project: The grant was used for a three component program that addressed health related programs for youth, especially female teens.

Twelfth Annual Teen Health Conference (January 10, 2009) - A host of medical professionals, Dr. Emanuel Cooper, in his opening comments to the teen audience, challenged teens to focus on positive health choices and “step up” as leaders who make mature decisions regarding their wellbeing. Health workshop presenters included Ms. Carrie F. McLean, Director of the First Year College of N.C. State University (Anger Management and Conflict Resolution); Mr. David Farrell, Interact of Wake County (Sickle Cell Awareness); Ms. Jenny Palmer, Wake Teen Medical Center (Nutrition); Ms. Kelly Breen, Triangle March of Dimes (Healthy Babies); and Dr. Emanuel Cooper, Medical Family Doctor, presented information with male youth (AIDS, HPV, Teen Pregnancy, Sexually Transmitted Diseases, Prostate Cancer, Heart Health, and Male Health Awareness). Mrs. Karen McLean (RN) presented health information with female youth (HIV, HPV, Teen Pregnancy, and Sexually Transmitted Diseases).

The Domestic Abuse /Teen Violence - Ms. Tanisha Bagley spoke candidly about personal experiences she endured for eleven years. This workshop provided female youth participants education on how to identify signs of abusive behavior and address it in a responsible manner. The information also assured everyone that there is help and no one should remain in an abusive relationship.

TLOD in the Community Day - Top Ladies and Top Teens sponsored a full day of healthful living activities to engage youth in surrounding communities (female and males) in wholesome, healthy, fun activities to enhance their personal development. The youth made craft, played games, participated in fun exercises, experienced face painting, and attended workshops on nutrition. Presenters were Tonya Boone, a certified swim instructor; Shauvon-Simmons Wright, a director of “The Wright Vision of Dance” ; Charles Haywood spoke about cleanliness and germs; State Trooper talked to the young ladies about safety in numbers and never walking alone at night or during the day.

Successes: The experiences gained increased their knowledge and awareness levels of all youth participants. Health is a priority topic for our youth and we were able to secure capable speakers to address our Top Teens (and other teens) and youth from our communities. The goal of all educational experiences is to help youth make healthy choices and decisions in the areas of nutrition, exercise and



establishing and maintaining positive and healthy relationships with others. The young ladies looked beyond their closed boxes and understood the importance of being healthy.