



“THE PEOPLE’S OFFICE” PRESENTS:

THE 5TH ANNUAL HEALTH & WELLNESS WEEKEND

CELEBRATING 5 YEARS OF FAITH, FAMILY, FINANCE, FITNESS & FUN



FRI, AUGUST 18TH | 5:30PM

OPENING NIGHT COCKTAIL RECEPTION “K LEROY IRVIS SCHOLARSHIP FUNDRAISER”

August Wilson Center for African American Culture
980 Liberty Avenue, Pittsburgh, PA 15222

*Proceeds benefit
N.E.E.D (Negro Education Emergency Drive)*

During the kickoff event for the **5th Annual Health and Wellness Weekend** we will acknowledge the importance of financial literacy as well as the benefits of entrepreneurship by honoring financial experts, community leaders, entrepreneurs, and innovators. In addition, we will raise funds for the **K Leroy Irvis Scholarship**. Join us for an enlightening and enjoyable evening!

5:30PM-6:30PM: VIP Reception \$150
6:30PM-9:00PM: General Admission \$50

Performance by **The Bill Henry Band**

To purchase tickets, visit
www.hwwopeningnight.eventbrite.com
or www.hww19th.com or at “The People’s Office”.

SAT, AUGUST 19TH | 6:45AM

UPHILL 5K RUN/1 MILE FAMILY WALK

On Freedom Corner in the Historic Hill District

You’re invited to participate in the **2017 Uphill 5K Run/1 Mile Family Walk**. This year’s race embodies the theme **Faith, Hope & Love**.

6:45AM: Registration starts | **8:00AM:** Run/Walk begins

Grand Marshalls:

Rev. Dr. William Curtis & Tammy Heard-Washington

Pre-Registration: \$20 | General Registration: \$25
Groups (5+): \$10

- Seniors (62+) & Children under 12 (w/ an adult) are free!
- Free Parking available in Upper Lot of PPG Paints Arena
- T-shirts guaranteed to participants registered by Aug. 10th

Register at www.hww19th.com or “The People’s Office”.

SAT, AUGUST 19TH | 12PM-5PM

COMMUNITY APPRECIATION DAY

On Centre Ave. between Erin St. & Kirkpatrick St.

While historically held at Kennard Field, this year’s event will be held along Centre Ave in the heart of the Hill District community in a collaborative effort with local non-profits, community groups, and churches.

**Free Food • Live Entertainment • Employment Resource Center
Free Health Screenings • Prize Giveaways (Every 30 Minutes)
Bouncy Obstacle Course • Climbing Wall • Face Painting
Carnegie Science Center • Airbrush Tattoos • Roving Art Cart
Children’s Museum • Carnegie Library • Vendors**

SCHEDULE:

- 9:00 AM:** 4th Annual Spinnathon* – At YMCA
- 10:00 AM:** Free Day for Families* – At YMCA
(Children must be accompanied by an adult.)
- 11:00 AM:** Hill District Education Council
8th Annual Back to School Celebration*
– At Central Church, Centre Ave & Kirkpatrick St.
- 12:00 PM:** Registration begins
- 12:15 PM:** Employment Resource* – Inside YMCA
- 12:00 PM:** Welcome by Rep. Jake Wheatley Jr.
- 12:30 PM:** Ebenezer Church Mime Group
- 1:00 PM:** Back Pack Give Away – At Central Church Parking Lot
- 1:15 PM:** Line Dancing
- 1:30 PM:** Wesley AME Zion Church Ronald Wilburn
Community Day Clothing Giveaway*
– At Legacy Senior Apts.
- 2:00 PM:** Lunch provided by Rep. Wheatley & Rev. Grayson
- 2:15 PM:** COL Jazz
- 2:45 PM:** Hip Hop Aerobics – Big Weave
- 3:15 PM:** Krunk Movement
- 3:45 PM:** Spoken Word
- 4:00 PM:** Teresa Hawthorn & Legacee Live
- 5:00 PM:** Prize Giveaway / Closing Remarks

(*) Community Events hosted by various Community Partners

SUN, AUGUST 20TH | 1PM-4PM

HEALTH EXPO FOR AFRICAN AMERICAN LIVING (H.E.A.L.)

Warrington Recreation Center
329 E Warrington Ave, Pittsburgh, PA 15210

**Free Food • Live DJ • Free Health Screenings
Prize Giveaways (Every 30 Minutes) • Community
Basketball Game with Zone 3 Police • Bouncy Obstacle
Course • Climbing Wall • Face Painting • Cooking
Demonstrations • Games • Arts & Crafts • Vendors**

SCHEDULE:

- 1:00 PM:** Registration begins
- 1:30 PM:** Welcome by Rep. Jake Wheatley Jr.
- 1:30 PM:** Community Basketball Game
w/ Zone 3 Police Officers
- 2:00 PM:** Yoga w/ Felicia
- 2:30 PM:** Zumba w/ Gail
- 3:00 PM:** African Dance Ensemble
- 3:30 PM:** Line Dancing
- 4:00 PM:** Closing Remarks



ADDITIONAL SPONSORS:

Magee Women’s Hospital, Bistro to Go, Hill Consensus Group, Focus Pittsburgh, Hill Credit Union, Ike Wear36, Hill House Association, KBK Enterprise, Olivet Baptist Church, Pittsburgh Parks Conservatory, Pittsburgh Three Rivers Marathon, Roland Ford Productions, Tom’s Barbershop, Ujamaa Collectives



UPMC
LIFE CHANGING MEDICINE

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For more information, to be a volunteer or vendor, visit www.hww19th.com or call 412.471.7760.

