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Contact:

Jeffrey King

E: inthemeantimemen@aol.com , Phone: 323-733-4868

IMMEDIATE

Los Angeles Hosts Black Gay Men's Health Conference: August 9, 2008

LOS ANGELES, CA – For the 7th consecutive year, the state of Black Men's health will take center stage at the annual In The Meantime's Wellness For Life Health Conference. Covering topics dealing with mental, physical and spiritual well being, this year's conference theme is "ARISE, Mind over What Matters Most."

Details:

Who: In The Meantime Men's Group, www.inthemeantimemen.org, an empowerment organization addressing and supporting the needs of Black gay and bisexual men.

What: Black Men's Health Conference. Theme: ARISE, Mind over What Matters Most

When: Saturday, August 9, 2008. - 9am – 5pm

Where: The Gay and Lesbian Center's Village at Ed Gould Plaza, 1125 N. McCadden Place, Los Angeles, CA 90038

Cost: Free and open to the public.

Entertainment: The Chuck Johnson Jazz Trio.

RSVP: E-mail: inthemeantimemen@aol.com V: 323-733-4868

Background:

In The Meantime Men's Group, Inc., is an 8 year old non-profit organization dedicated to empowering Black gay and bisexual men through mental, physical and spiritual growth and development. The organization has an extensive HIV/AIDS awareness/prevention outreach and also conducts workshops dealing with homophobia, racism, and relationship building.

2008 Black Men's Health Participants:

Facilitators: Rodney Collins M.D., Siri Sat Nam, M.A., M.S.W., MFT, Rev. Gerald Green, Unity Fellowship of Christ Church, M.W. Moore Writer, Speaker, Activist, Carlton Wilbourn, Writer, Speaker, Activist, Jewel Thais Williams, L.A.C., DIPL. AC., M.S.O.M., and Jamie Hopkins, M.S., HFI Personal Fitness Trainer, Health Educator.

Wellness Award Recipient: Rodney Collins. M.D.,

Emerging Leadership Awards: Tyrone Carter of REACH LA, Spencer Collins, Community Activist. **Event Catering:** Teddy's Chef Services.

Jewel Thais-Williams, L.Ac., Dipl. Ac., M.S.O.M. founder and Executive Director of the Village Health Foundation earned her B.A. in History from UCLA. She graduated from Samra University with an M.S.O.M. degree after extensive studies in Traditional Chinese Medicine. She also received her Acupuncture license from the State of California in 1999.

Workshop Description: *'From Edgy to Veggie'* - This interactive transformative session will explore the long range benefits of diet, acupuncture, and holistic living. In addition to the session work Jewel will provide samples and secrets to some of the Village Vegan Restaurant's prized vegetarian recipes.

Rev. Gerald Green, Assistant Pastor at Unity Fellowship Church is a noted lecturer and counselor. Green's current spiritual leadership is a merging of his passion for community service and his studies in Religion Science at Hunter College in New York and the Ecumenical Center for Black Religious Studies in Los Angeles.

Workshop Description: *'From the mundane to the miracle'* -, Rev. Gerald Green, local Los Angeles spiritual guru will guide participants through an inner journey of spiritual exploration. This session will focus and or refocus participants on the path of spiritual growth development and lasting practice.

Siri Sat Nam, M.A., M.S.W., MFT, integrates his Broadway history and Yoga background into his practice as a licensed practicing psychotherapist. He holds a master's in clinical psychology from Antioch University and is completing his Ph.D. in depth psychology at Pacifica University. He has served as a clinical director and therapist at several local agencies.

Workshop Description: *'Making the Heart Connection'* - An inner exploratory journey that will focus its participants on becoming more consciously aware of when they are disconnected and how they can become more inner connected with honest feelings all in an effort to heal.

Rodney Collins, M.D. is a native of Southern California with Louisiana roots. He is a graduate of Dorsey High School, Stanford University and Howard University College of Medicine. For ten years he practiced emergency medicine and family practice before entering psychiatry training at UCLA. In 1999 he began practicing psychiatry at Kaiser Permanente Bellflower and is currently in private practice in Beverly Hills.

Workshop Description: *'Mind Over What Matters Most'* - Will explore how Black gay men can excel and rise above compounded stressors to include economics, racism, homophobia, and HIV/AIDS. Participants will be gifted with tools to addressing mental health and manhood.

Carlton Wilborn, is a multit talented creative Force. He represents as an Inspirational Speaker, and award winning author of 'Front and Center- How I Learned to Live There', Founder of Treelife Publishing Company, fashion designer, musician, and choreographer extraordinaire.

Workshop Description: ' *Living Front and Center*' - This interactive workshop experience will engage its participants in a exploration of how to live front and Center. Wilborn will utilize his award winning book, Front and Center, as the foundation for sharing his secret to the secret of authentic living. The core of this session will focus on honoring self, developing a vital vision, activating the power and shifting perceptions of our life's challenges.

M.W. Moore, noted lecturer, and author of 'For What I hate I Do' and 'Internal Chaos' speaks eloquently and courageously about the dark side of his addictions and its consequences, including his HIV status. Moore stands firm to his purpose: Tell all to help all. He does this by removing the veil that hides our deepest secrets. For him, honest exposure is the best testimony one can offer.

Workshop Description: *Transformation*, Mr. Moore's will masterfully integrate concepts from both of his books to reinforce the significance of the life process and transformation. He will speak to the heart of confusion and destruction and how these aspects of life do not have to be ones reality and final destiny. Moore's books will be on sale in the courtyard during the conference. A limited number of books will be raffled off during the session.

Jammie M. Hopkins, MS., HFI, holds a bachelors and masters degree in Exercise Science from UC Davis and CSU Fullerton, and is currently enrolled full time as a doctoral student at the UCLA School of Public Health. In addition Mr. Hopkins serves the community as a community-based participatory researcher, health educator, Certified Personal Fitness Trainer, and Board of Directors President for In the Meantime Men's Group, Inc.

Workshop Description: " *Givin' Me BODY*" - Defining Fitness and Wellness for the Black Man. This interactive workshop will explore topics of body image, fitness, men's health, nutrition, grooming, stress management, and social support in order to realistically maintain our health and preserve our "sexy".

Greg Wilson, Chris Blades and the RLA Ovahnness Youth Men's Leadership Team: are products of Reach LA's efforts to positively impact the lives of Young Black gay men in LA County.

Workshop Description: " *You Thought You Knew But Had No Idea*"-. This jam packed powerhouse session will cover a number of key issues that are specific to young Black gay men. Through this discussion the RLA team will lead participants in a round table dialogue that will utilize self- realization exercises to focus participants on the different

facets of positive interaction and improving self perception. Workshop co-authored by Tyron Carter, Manager

Awardees

In The Meantime's Wellness Award

Rodney Collins, M.D. is a native of Southern California with Louisiana roots. He is a graduate of Dorsey High School, Stanford University and Howard University College of Medicine. For ten years he practiced emergency medicine and family practice before entering psychiatry training at UCLA. In 1999 he began practicing psychiatry at Kaiser Permanente Bellflower and is currently in private practice in Beverly Hills.

The Emerging Leadership Award

Spencer Michael Collins IV was born May 30, 1978 in Boston, MA the oldest of five children of Spencer M. Collins III & Billie Ray Collins he is accustomed to taking on the role of caregiver and is often referred to as a dragon-slayer. Spencer is a graduate of Savannah College of Art and Design in Savanna, GA. He has a BS Degree in Graphics and Illustration. In his seventeen years of work experience he has been a teacher, after school coordinator, peer-mentor, housing advocate, and youth advocate. When he was introduced to the astronomical numbers of those affected in the world by HIV and AIDS in Black Communities, staying true to form he took on the fight to help educate and promote safe sex amongs his peers. He is driven by desire to help others and the dramatic statistics of African Americans that have been disproportionately affected by HIV/AIDS.

The Emerging Leadership Award

Tyrone Carter, is Director of the Young Men's Health Program at REACH LA. He manages The Ovahness program that targets Young men to develop leadership skills. Prior to joining REACH LA, Tyrone worked in the entertainment business as a Coordinator on music videos, commercials, and youth and network television programs. His commitment to youth blossomed when he was asked to coordinate Project MYLIFE MYSTYLE; a collaboration between In The Meantime Men's Group, Inc. and AIDS Project Los Angeles.

Carter actively serves on numerous community advisory boards, such as the Los Angeles County HIV Prevention Planning Committee and is a currently a scholar at the CDC and Associated Schools of Public Health for the Institute for HIV Prevention Leadership. He is well on his way to completing his studies is coursework in clinical Psychology at LATT. He and his partner of three years live in Chino Hills California with their five dogs.

Special Thanks:

Special thanks to the amazing Chuck Johnson Jazz Trio, luncheon entertainment, and Teddy's Chef Services for the day's event catering, and In The Meantime staff and host of volunteers.