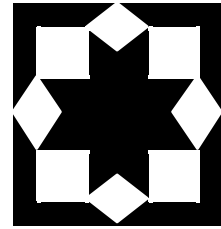


# STEPHENSON COUNTY HEALTH DEPARTMENT

*Building a Healthy Community*

[www.stephensonhealth.com](http://www.stephensonhealth.com)



CRAIG BEINTEMA, MS, LEHP  
Public Health Administrator

10 W. Linden Street  
Freeport, IL 61032-3310  
(815) 235-8271  
FAX: (815) 232-7160

Press Release  
September 7, 2017

## **Empowering Your Mind, Body, and Spirit Free Program at Stephenson County Farm Bureau 210 W Spring Street, Freeport, IL 61032 Saturday, September 16, 2017, 9:00 am - Noon**

Over the past several years, a group of concerned faith community members have assembled to determine solutions to reduce premature mortality and address health concerns of African Americans. These 3<sup>rd</sup> Ward area churches have created a community health advisory board called Healthy County, Healthy Community to work closely with the African American community. They want citizens to be more involved in their healthcare. A community survey showed a need to bring screenings and education to the 3<sup>rd</sup> Ward area. The advisory board is working closely with the Stephenson County Health Department, FHN and Monroe Clinic.

On September 16, 2017, four speakers will address critical health issues. Kevin Thomas, Lantern Therapy Services will address mental health issues with his presentation "Healthy Mind and Spirit Connection"; Dr. Courtney DanPullo, FHN, will speak about woman's health, "Healthy Living"; Anne Marie Dawson, Dietician, Monroe Clinic, emphasizes diet with "Healthy Eating Over your Lifespan" and Mark Hunter IDPH, will speak about men's health. There will be refreshments and door prizes.

Currently one of the most critical health issues in Stephenson County is the premature mortality rate among African- Americans. Our need assessment shows a 47% rate. Nationally and state-wide the same rates exist; half of all African-American deaths occur before the age of 65 due to the complications of health diseases such as hypertension, diabetes, and chronic kidney disease.

For more information, please feel free to email [craig.beintema@aeroinc.net](mailto:craig.beintema@aeroinc.net) or call 815/235-8353.