



Mission Hill Health Movement

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**January 2010 Health Presentation for the Mission Hill Community
In collaboration with Sociedad Latina**

Small Things BIG CHANGES

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As youth living in this city where we find fast food all around us it is very hard to be healthy. We have found out this hurtful truth and have seen how it affects us. The effect of an unhealthy style of living causes diseases such as obesity and diabetes. Before the access to so much fast food, these diseases were only found in adults. Now a growing number of youth are being diagnosed with them.

As members of the Boston community, and as youth concerned with the health and well being of what is called "Boston's Future", we have decided to take a stand against it.

We present to you "***Small Things BIG CHANGES***" coming on Wednesday, January 27, 2010 at the Mission Main Community Room, 43 Smith Street, in Mission Hill, Roxbury.

You will learn the small things you can do to change the way you live which can cause a Big Positive Change in your health.

We will feature:

- Brandy Cruthird, Owner of Body by Brandy
- Barbara Ferrer, Executive Director of the Boston Public Health Commission.

We will teach basic exercises you can do without having to go to the gym and we will even show you how to cook the foods you eat daily in a healthier way.