THE CHURCH OF CHRIST AT KENNEDY HEIGHTS
AND HUMANA PRESENT

Faith & Fitness Fusion



JOIN US FOR:

EXHIBIT HALL

Education Resource Fund
J & J Medtech
Kroger Vaccination Clinic
United Way
Cincinnati Fire Dept & Smoke House
Pet Partners
Council on Aging
Freestore Foodbank
Center for Closing Health Gap
NAMI Southwest
Read Learn and Grow Center

MARKET PLACE

Simplee Miss
Unique Goddess Haven
Be Blessed Jewelry & Bags and More!

513-793-4309

5930 Red Bank Rd, Cincinnati, OH 45213
www.cofckh.org

REGISTER

Temple Experts Presentations
10:15 - 11:15 AM
12:00 - 1:00 PM

FREE LUNCH 11:15 AM - 12:00 PM

1:00 - 4:00 PM
Tai Chi/Fitness Sessions
Cooking Demonstration
Faith Walk
Holy Kale Smoothie

TEMPLE EXPERTS:

Tom O'Brien, MD
Nana-Hawa Yayah Jones, MD
Roosevelt Walker, MD
Anika Moore , MD
Donna Shembley Ebron, PhD
Angelica Wilkins
Gary & Natasha Wells
Stephanie Jackson

OCTOBER 3, 2026
10 AM - 4 PM
FAMILY FUN ZONE
1-4 PM

OUR SPONSOR:
Humana
Healthy Horizons® in Ohio

THE CHURCH OF CHRIST AT KENNEDY HEIGHTS
AND HUMANA PRESENT

Faith & Fitness Fusion

MIND. BODY. SPIRIT.
A HEALTHIER TOMORROW
TOGETHER.







EVENT AGENDA

Same Community. Healthier Together!

8:30 AM – 9:45 AM
Arrival / Set Up

10:00 AM
Exhibit Hall Opens

10:05 AM
Welcome / Introduction

10:10 AM – 10:40 AM
Dr. Nana-Hawa Yayah Jones, MD
Diabetes

10:45 AM – 11:15 AM
Dr. Thomas O'Brien, MD (Virtual)
Cardiology

11:15 AM – 12:00 PM
Lunch / Exhibit Hall
Table Talks

12:05 PM – 12:35 PM
Dr. Roosevelt Walker, MD
Stroke

12:40 PM – 1:10 PM
Dr. Anika Moore, MD
Women's Health

1:15 PM – 1:45 PM
Chair Fitness
Dr. Donna Shambley-Ebron, PhD

1:00 PM – 4:00 PM
FAMILY FUN ZONE

- Exhibit Hall Open
- Fire Department Smoke House
- Bounce Obstacle Course
- A Special Guest Mascot
- Food, Fitness and More!



2:00 PM – 2:30 PM
Your Sweetest Life
Cooking Demonstration

2:30 PM
Angelica Wilkins
Tai Chi

3:00 PM
Fitness – The Wells

3:30 PM
Faith Walk

2:00 PM – 4:00 PM
Holy Kale Smoothie

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Healthy Horizons® in Ohio

Be Informed. Be Active. Be Encouraged.
MIND | BODY | SPIRIT | COMMUNITY

THE CHURCH OF CHRIST AT KENNEDY HEIGHTS
AND HUMANA PRESENT
5930 RED BANK ROAD. CINCINNATI.OH. 45213

Faith & Fitness Fusion

FUN for the whole family!







surprise mascot!





FAMILY FUN ZONE
1 - 4 PM

- FUN ACTIVITIES FOR ALL AGES
- WELLNESS FOR THE WHOLE FAMILY
- FOOD, FITNESS & FAITH!
- COMMUNITY RESOURCES

A Day of Fun, Faith & Wellness

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TEMPLE EXPERTS:

OCTOBER 3, 2026
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Dr. Roosevelt Walker
A Doctor's Story - Stroke



Dr. Anika Moore
Women's Health



Dr. Nana-Hawa Yayah Jones
Diabetes



Dr. Thomas O'Brien
Cardiology
(Virtual)



Stephanie Jackson
Your Sweetest Life
Nutrition



Dr. Donna Shambley-Ebron
Fitness



Gary & Natasha Wells
Fitness



Angelica Wilkins
Tai Chi

REGISTER

REGISTER WITH QR CODE OR LINK BELOW
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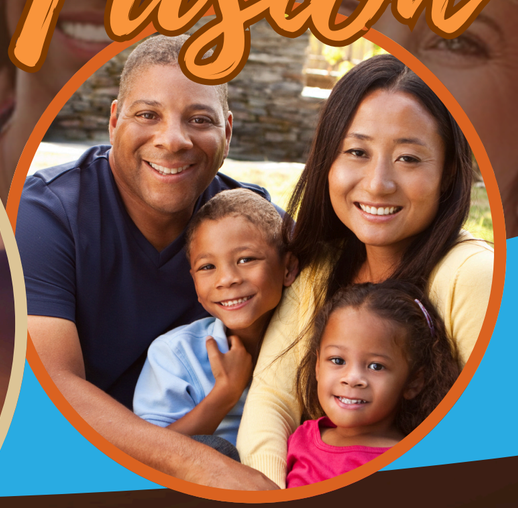
Our body is a temple.
I Corinthians 6:19

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Our body is a temple.
I Corinthians 6:19

TEMPLE EXPERTS:



Angelica Wilkins
Tai Chi



Dr. Roosevelt Walker
A Doctor's Story - Stroke



Dr. Donna Shambley-Ebron
Fitness

OCTOBER 3, 2026
10 AM - 4 PM

SENIORS THIS IS FOR YOU!

12:05 PM STROKE WARNING SIGNS
1:15 PM CHAIR EXERCISES
2:30 PM TAI CHI
FALL PREVENTION
BALANCE

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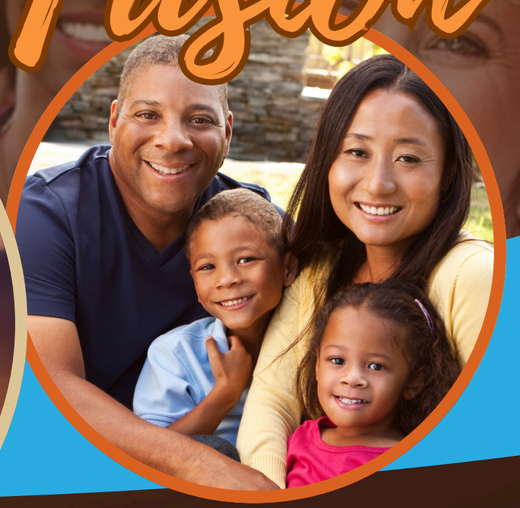
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