



# NEWSLETTER

GRAAHI is excited to announce award-winning food and nutrition journalist, Toni Tipton-Martin as the keynote speaker at the annual **Women's Unity Breakfast June 6, 2016**. This sold out event will empower, enlighten, and entertain a diverse group of women as they gain helpful tips to improve their overall health and wellness.

Tipton-Martin is well known for building healthier communities through her books, classes, and foundation. She was invited by First Lady Michelle Obama to the White House for her outreach to help families live healthier lives.

She also founded The SANDE Youth Project as a grassroots outreach to improve the lives of vulnerable families. The 501(c)(3) not-for-profit is dedicated to combating childhood hunger, obesity and disease by promoting the connection between cultural heritage, cooking, and wellness.

GRAAHI's Education Department works to exceed expectations and transform lives by presenting the community with a chance to engage in community conversations with distinguished leaders that have proven accomplishments in health equity.

## HIGHLIGHTS

GRAAHI's Research Department developed a white paper on hypertension that offers readers with health information, data and recommendations to better understand, prevent and/or combat hypertension at the individual, community and policy levels. Please visit GRAAHI's website to read the paper. [www.graahi.org/Research/White-Paper](http://www.graahi.org/Research/White-Paper)

## UPCOMING EVENTS

18th Annual Charles R. Drew Golf Outing

**Date:** June 18, 2016 7:30 AM - 3:30 PM

**Location:** Quail Ridge Golf Club 8375 36th St SE  
Ada, MI 49301

**Registration:** 616.328.1426 [oppnaka@outlook.com](mailto:oppnaka@outlook.com)

GRAAHI's Strong Fathers program has partnered with Kent County Friend of the Court (FOC), LifeQuest Ministries, and Manpower to host a Hope Clinic. This clinic provides fathers an opportunity to navigate through services offered by FOC and secure employment.

**Date:** June 14, 2016 10 AM - 2 PM

**Location:** LifeQuest 1050 Fisk Rd SE Grand Rapids, Michigan 49507

**Registration:** 616.953.0507 M-F 9 AM - 5 PM

