

MEDIA ADVISORY

For Immediate Release

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Media Contacts

De Alba Communications

Victoria Sanchez De Alba
(650) 270-7810

Jackie Wright
(415) 525 0410

“Movement is Resistance” Bay Area Community Health Advisory Council Slates Annual “Soul Stroll” for a Healthy Community May 20, 2023

The “Movement is Resistance” theme is demonstrative of resisting health disparities among communities of color and it reinforces the scientifically proven fact that movement helps improve general health, maintain healthy weight, lower cholesterol, reduce depression, and help in the prevention of diabetes, heart disease, stroke, and some forms of cancer.

WHO: **Gloria R. Brown, M.P.A.**, Co-founder Bay Area Community Health Advisory Council (BACHAC); **Lisa Tealer, Executive Director**; (BACHAC); Soul Stroll Ambassador Feminista Jones, Author, Advocate & Activist; Invited guests include: **San Mateo Mayor Amourence Lee (first Asian Woman as San Mateo Mayor)**; **San Mateo County Board of Supervisor Noelia Corzo (first Latina Supervisor)** **Anita Black-Cowan**, Fitness Expert; Community Ambassadors; Sponsors include: UCSF, Co-Founder Gloria Brown; Stanford Health Care, longtime BACHAC Supporter Evelyn Neely; Provident Credit Union, and the Northern California public.

WHAT: “Soul Stroll,” Bay Area Community Health Advisory Council (BACHAC) is back on track in person since the COVID-19 pandemic hit! Soul Stroll, BACHAC’s Signature Event since 2002 has “Movement is Resistance” as its theme. In addition to a 1/3/5-mile walk and run, the annual fundraiser generates support to help the organization focus on eliminating health disparities in African-American, Latino, and Pacific Islander communities across generations. The family & friends event includes hundreds of resources to improve health from over 50 community, business, and corporate sponsors.

WHEN: **May 20, 2023, 8 a.m. - 12 noon PDT**

WHERE: **San Mateo High School, 506 North Delaware in San Mateo**

WHY: **“Soul Stroll”** 1/3/5 Walk/Run is an important event that helps save lives by reminding the community about the importance of movement to improve good health. The theme “Movement is Resistance” speaks to the core of how the community with a focus on Black, Latino and Pacific Islander groups, who face greater health disparities, can take charge and improve health outcomes. The **“Soul Stroll”** health fair fights for health justice. The public is invited to join the team of the Bay Area Community Health Advisory Council to walk or run the course at San Mateo High School, 506 North Delaware in San Mateo to stop unjust health disparities and help improve and save lives.
www.soulstroll2023.com.

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Editorial Note: Advance interviews are possible