

NEWS RELEASE

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“Movement is Resistance” Bay Area Community Health Advisory Council “Soul Stroll” May 20, 2023 Keeps Mother’s Day Sentiment Moving Forward for Healthier Lives

Start your mother on an exercise program and help underserved communities live healthier lives via Saturday’s “Soul Stroll” The family-friendly 1/3/5 walk and run .

San Mateo, CA-Planning an outing at Bay Area Community Health Advisory Council’s (BACHAC’s) “Soul Stroll” to be held May 20th at San Mateo High School from 8 am- 12 noon is a perfect way to let mothers know how much their families’ care beyond the Mother’s Day dinner or gift. The family-friendly 1/3/5 walk and run is a great way to establish an exercise routine or reinforce healthy habits for mom, grandma, and their children.

“Movement is Resistance” is the theme of BACHAC’s 2023 Soul Stroll that is back in person for the first time since the pandemic. The movement of exercise helps moms and everyone become healthier. The movement of BACHAC to gather over 50 partners bringing health information for the annual event and the yearlong free BACHAC activities to improve health resists health problems and premature death.

Everyone from all walks of life is encouraged to attend the annual event for their good health and the health of underserved communities. The inclusive “Soul Stroll” Community event is the annual fundraiser that helps BACHAC provide much needed free services to Black, Latino and Pacific Islander groups, who face greater health disparities, to take charge and improve health outcomes. 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.

As Mother’s Day was just celebrated, it should be noted the [CDC reports a 40% spike in moms dying](#) before their first Mother’s Day, with Black, Indigenous, and Latina moms in the greatest danger.

Also, **among the top health issues are racism, discrimination and bias. They permeate through medical systems and negatively impact the health of BIPOC communities through lack of information, access and treatment,”** said Lisa Tealer, Executive Director, BACHAC. **“These factors manifest in mental health, blood pressure/hypertension, other cardiovascular diseases, certain types of cancer and decreased life expectancy. In 2020, San Mateo County Board of Supervisors declared Racism a Public Health crisis**

<https://www.smchealth.org/news/county-health-joins-38-health-systems-declare-racism-public-health-crisis>)."

Originally scheduled to be held at Coyote Point Park, the "Soul Stroll" venue was changed to San Mateo High School, at 506 North Delaware in San Mateo, after park rangers determined the spring storms had made the park too dangerous for the public to attend.

One of the key fun elements of the event is the annual inclusion of ambassadors. This year's "Soul Stroll Celebrity Ambassador is Author, Advocate & Activist [Feminista Jones](#). Her work centers around queer identity, intersectionality, mental health and social work. In addition to Ms. Jones, BACHAC Founder **Gloria R. Brown**, M.P.A. and Executive Director, **Lisa Tealer** have invited local luminaries San Mateo **Mayor Amourence Lee** (first Asian Woman as San Mateo Mayor; San Mateo County Board of Supervisor **Noelia Corzo** (first Latina Supervisor) and **Anita Black-Cowan**, Fitness Expert, among other special guests.

For more information about "Soul Stroll" and the Bay Area Community Health Advisory Council visit www.bachac.org.

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