



A community health project to Engage, Motivate, and Sustain (EMS) Black/African-American families in cancer prevention and control efforts.

*You are invited to share your expertise
with Black Families.....*

The Center for the Study of Health Disparities invites you to participate in the “More Than a Picnic: It’s a Family Affair for Lifestyle Change” program. More Than a Picnic (MTAP) is a health education program for family cancer prevention and early detection screening. The purpose of the program is to prevent and control cancer among Blacks/African-Americans by improving family lifestyle behaviors and early detection screening practices.

We are seeking dynamic, passionate and fun health care professionals to serve as potential Family Health Care Professionals at participating Black Family Reunions in Texas. The Family Health Care Professional will partner with a trained Family Health Coach to co-deliver a 30 minute cancer prevention health education session during a scheduled family reunion. The mini health education session will promote family lifestyle behavior changes to prevent or reduce risk for cancer in four primary sites: breast, cervical, colorectal, and prostate. The family Lifestyle Behavior Changes (LBCs) emphasized are:

- (1) Healthy Nutrition
- (2) Smoking Cessation
- (3) Increasing Water Uptake/Decreasing Alcohol Uptake
- (4) Early Detection Cancer Screenings
- (5) Physical and Leisure Activities

Family Health Care Professionals will receive a modest honorarium and travel expenses for participating in each scheduled family reunion.

Health care professionals are very important messengers for engaging, motivating and sustaining healthier lifestyles that could prevent and/or reduce risks for selected cancer types. If this sounds like a community engagement opportunity that might be a good fit for you, please visit www.morethanapicnic.org and complete the **Health Care Professional Self-Assessment**. You may also request an assessment packet from Dr. Claudia Coggin at 817-735-2360, ccoggin@unthsc.edu or Ms. Brandy Rollins at 979-845-3482, bmrollins@hlkn.tamu.edu. We hope that you will consider joining the MTAP team!

Sincerely,

Mary Shaw-Ridley, PhD, MEd, MCHES

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