

May 17, 2017

Feeding the Gulf Coast to join next MCHD WISEWOMAN meeting

MOBILE, Alabama — The Mobile County Health Department’s WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) Program is planning a special event for its next monthly support meeting on Friday, May 19.

For this month, Feeding the Gulf Coast — formerly known as Bay Are Food Bank — will teach more than 30 WISEWOMAN participants how to prepare healthy meals. The event, called “Let’s Cook Together,” starts at 11:30 a.m. at Newburn Health Center’s Auditorium at 248 Cox Street. The participants will leave with bags of food, monogrammed aprons and door prizes.

The WISEWOMAN program is an extension of the Alabama Breast and Cervical Cancer Early Detection Program (ABCCEDP). The program focuses on identifying and reducing cardiovascular disease (CVD) risk factors including high blood pressure, obesity, diabetes, elevated cholesterol, physical inactivity and tobacco use.

Shakari Beechem, a Licensed Baccalaureate Social Worker, coordinates the WISEWOMAN program at MCHD. It consists of more than 400 women who have the opportunity to obtain a free health screening, attend monthly support meetings, lifestyle program, nutrition education and a free YMCA membership for a year. Each month, Beechem schedules a fun, educational and interactive support meeting for the participants that includes topics such as cooking, exercising and gardening.

The local WISEWOMAN group is also participating in a Culinary Medicine Cooking Class at Bishop State Community College’s Carver Campus. Four professional chefs are providing hands-on training with 20 participants during the Tuesday night sessions.

To enroll in the WISEWOMAN program, women must be 40 to 64 years of age, uninsured, and enrolled in the ABCCEDP.

Please call Erika Rivera at 251-410-5765 to schedule a pap/breast exam (ABCCEDP) at the 251 North Bayou Street location in order to qualify for the WISEWOMAN Program. For more information about WISEWOMAN, call Beechem at 251-690-8983.