

*Ka dib markii la sameeyey baaritaan badan oo ku saabsan dhinaca jimicsiga, ayaa waxa la isku raacay in Jimicsigu uu qayb wayn ka qaato caafimaadka. Hadaba waxa su'aal noqotay side ugu haboon ee qofka jimicsi u sameyn karaa?*

*Si hadaba loo belo jawaabtaas, ayaa waxa isla kaashaday labo urur oo la kala yiraa-*

*hdo African Community Services iyo East African Health Project. Ururadan ayaa waxa ay diyaariyeen brnaamij ay ugu tala galeen Soomaalida degan xaafada Philips ee ku taala Minneapolis. Barnaamijkan ayaa waxa uu ka kooban yahay wacyi gelin ku saabsan cudurada waaweyn ee ku dhaca dadka, iyo sidii loo baran lahaa habka ugu fudud ee qofku jimicsi u sameyn karo.*

*Barnaamijyadaas ayaa waxa lagu qabanayaa xarunta African Community Services ilaa mudo gaareysa 10/30/08. Dhinaca jimicsiga waxa kuugu diyaar ah dad xirfad u leh habka loo sameeyo jimicsiga, dhicanaca caafimaadkana waxa kuugu diyaar ah dhaqtaro xirfad u leh. Hadaba hadii aad dooney- sid in aad ka qayb qaadato fadlan wac xafiiska African Community Services .*

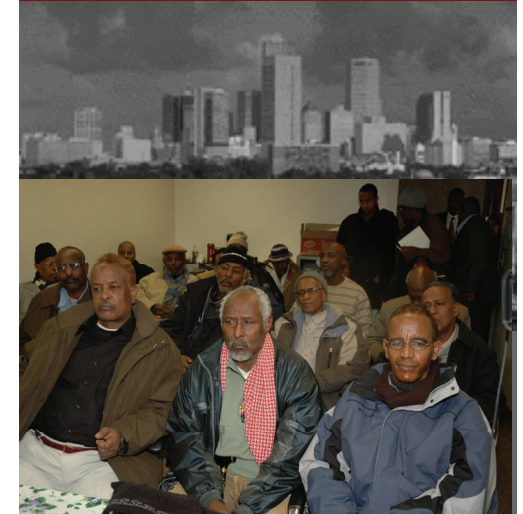
## **African Community Services**

**1305 E. 24th ST.  
Minneapolis, MN 55404  
Phone: 612-721-9984  
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“Make your feet friend”

J.M. Barrie

## **African Health Project Awareness**



**Funded by  
City of Minneapolis**

## ***Project Mission***

To improve the health awareness of the Somali community so that individuals and families can make better lifestyle choices and improve their physical and mental well-being.

## ***Project Goals***

1. To host community educational meeting in the Philips community on topics related to nutrition and physical activity.
2. To provide physical activity opportunity for Somali men and women, including instruction from a fitness expert and transportation for those who need it.
3. To conduct television and radio programs on nutrition, physical activity and related health topics.
4. To write articles on Somali newspapers or post websites that Somali community depends on.



## ***Physical Activity Opportunities***

African Community Services and East African Health Project together organize a project that helps the Somali Community live in Philips Neighborhood, Minneapolis. ACS center will invite you to come and participate a physical activity training programs.

ACS has a small fitness center and will hold two sessions every week at the center. The purpose of this project is to provide physical activity opportunity for Somali men and women, including instruction from a fitness expert and transportation for those who need it.

## ***Community Educational Meeting***

ACS will host community educational meeting on topics related to nutrition and physical activity. In addition to that ACS designed six events to invite the local doctors to come and make speeches. The doctors will speak about six topics: Diabetic, Blood Pressure, Obesities, Nutrition, Physical Activity, and Asthma.

All six events will hold at ACS center in Minneapolis, and those who do not have transportation is available. Please call ACS office and ask for transportation. Each dates of the event will post the local Somali community restraint, malls, broadcast local Somali's television and radio, and newspapers.

## ***Health Awareness Programs***

African Community Services and East African Health Project partner with Somali Media to reach out Somali Community live in Minnesota. Somali Media develops community-based programming for the Somali community and manages the production of this programming. We bring vital information to the Somali communities of Minnesota through cable access programming.

Somali Media will record the events and broadcast local television in Minneapolis. The first Tuesday ever week at 5:00 PM Somali Media will air the health programs organize ACS and EAHP. The articles and other important information will be post on Somali websites, Malls, restaurant, distribute by emails, and will publish on Somali newspapers. The purpose of this program is to conduct television and radio programs on nutrition, physical activity and related health topics and to write articles on Somali newspapers or post websites that Somali community depends on.



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