



Mae's Braiderly & Beauty Salon
June 2nd
11:00am - 3:00pm



I choose to LOOK and FEEL great!



The Network for a Healthy California —African American Campaign has teamed up with Meals 4 Hunger and Mae's Braiderly & Beauty Salon to launch the first "My Hair & Health Matter" event on June 2nd from 11:00am - 3:00pm at 1756 Euclid Avenue in San Diego (between 54th & Elm St)!

You're invited to come to this exciting event where you'll:

- Meet the Champion Beauty Salon (Mae's Braiderly & Beauty Salon)
- Chat with natural hairstylists from Hair Esteem Internatural
- Hear keynote speaker Dr. Carolle Jean-Myrat, MD, author of *Mind, Body, Soul & Money: Putting Your Life in Balance*
- Participate in physical activity demonstrations such as Zumba
- View healthy food demonstrations and taste healthy food samples prepared by local Champion Chefs
- Receive free information from a variety of resource booths
- Be entertained by DJ Extreme Rahim, local dance and drum performances and more!
- Participate in a Raffle and Giveaways!

For more information, please contact:
 Amina Sheik Mohamed
 Regional Manager - African American Campaign
 Ph: 619-681-0641
 Email: asheikmohamed@ucsd.edu



Community Partners



NAJ &
 Associates



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
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