

April 20, 2016

## SAVE-THE-DATE: 2016 SEMINOLE COUNTY LIFESTYLE CHOICES FORUM

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**Sanford, Fla.** – The Florida Department of Health in Seminole County (DOH-Seminole) will present a Lifestyle Choices Forum in collaboration with the City of Sanford, No Limit Health and Education, Healthy Start Coalition of Seminole County, and Leaders Encouraging Action and Dedication (LEAD). The forum is designed to uplift and inspire male youth to overcome the challenges and issues that are pertinent to them through a series of workshops and keynote speakers.

The Lifestyle Choices Forum will take place on Saturday, May 7, 2016 from 9 a.m. to 2 p.m. at Seminole High School, located on 2701 Ridgewood Avenue, Sanford, Florida. High school male students can register to attend the free event with their school administrator. Registration allows each student to attend two informative workshops, as well as hear from two dynamic speakers. Registration closes on Friday, April 29.

“It is important for us to use the Lifestyle Choices Forum to provide our young men with the knowledge and tools necessary to assist them to prevail through life challenges they may encounter,” said Pernell Bush, President/CEO of No Limit Health and Education.

If you are interested in having your child attend; please assist him in selecting two workshops. Forum topics and speakers include: Fatherlessness - Haki Nkrumah; All About the Benjamin's - Sheldon Wilson; Graduation and Beyond - Britt Henderson; Right Crowd, Wrong Crowd - Dwight McCombs; Product of Your Environment - Dr. Swannie Jett; BOSS Methods – Pernell Bush; Youth & Police In Partnership – Chief Cecil Smith; Bring Your “A” Game – Academics, Athletes, and Attitudes - Eric Orr; The Music, Media and You - Monica May, Jo Jo, and Tiffani McDaniel; and Dealing with the Opposite Sex -Tammie Holt and Keita Joy. Davion Hampton, Michael Coe and Jayson Williams will participate in the open forum/panel discussion.

“Students will be challenged and encouraged to make proper lifestyle choices regarding their education, setting goals, building self-esteem, and adapting to the world around them,” said Dr. Swannie Jett, Health Officer for DOH-Seminole.

Visit [www.SeminoleCoHealth.com](http://www.SeminoleCoHealth.com) for more information about the Lifestyle Choices Forum.

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