

HEALTH WEEK RECAP

May 5, 2010

Much was accomplished during Anat Kah's first health week in the Poblado of Puerto Aventuras. The following is a summary of the activities that took place during the week of April 26, 2010.

- Free diabetes screening tests administered to more than 60 local adults and children.
- Diabetes prevention workshop presented to middle school students.
- Community games evening led by community leaders and attended by approximately 70 youth and adults.



- Preventive health care presentation given to approximately 50 women.
- Free breast cancer screening exams performed on 30 local women.
- Dental care talk and presentation of a new toothbrush to more than 500 elementary school students.

- Addictions prevention workshop at the local middle school.
- Daily educational talks for adults around the themes of nutrition and obesity, women's issues, dental care and addiction prevention.



Acknowledgements

These events were made possible with the support and time of the following local professionals, organizations and residents:

Balt's Amor y Salud, A.C.
Ayuda de los Angeles, A.C. (Angel Notion)
Centros de Integración Juvenil, A.C.
Consejo Ciudadano de Puerto Aventuras, A.C.
Comité Vecinal de Puerto Maya
Araceli Ballesteros Xicotencatl
Elsa Solís Zamudio
Gabriela Alejandra González Camacho
Dr. Marta Lazo de la Vega
Dr. Carmen Tejedo
Dr. Berenice Apostolo
Dr. Antonio Torres Garcia
Doris Jimenez Lujano
Olivia Zamudio Escobar
Cecilia Zendejas Hernandez
Antonio Mier Díaz
Centros de Desarrollo Infantil (CENDIF) Puerto Aventuras
Delegation of Puerto Aventuras
Municipal Health Department
The Municipality of Solidaridad

A special thank you to Anne and Ron Silver and St. Stephen's Episcopal Church in Heathsville, Virginia, for the donation of the toothbrushes that were distributed to all of the elementary school-aged children in the *Poblado*



We need YOUR support to organize more community projects like this one.

Please visit our website, www.anatkah.org, to learn more and give today.

Promoting community participation, social investment and sustainable development in the Riviera Maya.