



More Than A Picnic:

It's A Family Affair for Lifestyle Change.

What: A community health project to Engage, Motivate, and Sustain (EMS) Black/African-American families in cancer prevention and control efforts

Who: Black/African-American families who are planning Family Reunions that will occur in Texas between May 2011 and May 2012

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Join the Family Lifestyle Change Program !

Who: Black/African-American families (minimum of 3 individuals) planning a *Family Reunion* that will occur between May 2011— May 2012

What: A health education program for family cancer prevention and early detection screening.

Phase I: A trained family health coach and health care professional will provide a mini health education session during the *Family Reunion*.

Phase II: After the *Family Reunion*, selected family units will participate in a 9-12 month *Family Lifestyle/Cancer Risk Reduction* health education program to a) improve family lifestyle behaviors; b) structure family support networks and; c) obtain early detection screening services according to recommended guidelines.

When: A planned *Family Reunion* that will occur between (May 2011—December 2012)

Where: *The Family Reunion* (a Texas location to be determined by each family).

Why: To prevent and control cancer among Blacks/African Americans by improving family lifestyle and early detection screening practices. The goal is to inform and educate Black/African-American families about cancer prevention and control networks that **Engage, Motivate, and Sustain** healthier lifestyles!



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