

Project Healthy Living  
Advisory Board  
Presents:

# THE MANDATE

CONFERENCE

“I AM A MAN”

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*Greetings*

*2nd Annual Project Healthy Living  
ManDate Health and Wellness Conference*

November 9, 2013

As Mayor of the District of Columbia, it is my pleasure to extend greetings to the participants of the Second Annual ManDate Health and Wellness Conference.

The goal of this conference is to provide educational workshops on health and quality of life issues that impact gay and bisexual men. Thank you for your efforts to explore these important issues. As you reflect on your recent accomplishments, discuss new ideas and share best practices, please continue to educate and facilitate awareness in the same-gender loving community.

On behalf of the District of Columbia, you have my best wishes for an enjoyable and memorable event.

*Vincent C. Gray*

Vincent C. Gray  
Mayor, District of Columbia



November 8-10, 2013  
2640 Rhode Island Ave., NW  
Washington, DC

Special Thanks to our Platinum Co-Sponsors



We would also like to thank the American Diabetes Association, American Heart Association, and Whitman Walker Health for providing health screenings at the event.

Sponsorship

Project Healthy Living would like to thank the following organizations and individuals for their generous contributions:

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- Gilead Sciences
- Human Rights Campaign

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**Uber DC invites all ManDate Conference 2013 attendees to use the code ManDate2013 to receive \$20 off your first Uber DC ride. Sign-up at <https://www.uber.com/go/ManDate2013>! And don't forget to download the Uber App!**

**The DC CARE Consortium staff  
would like to applaud  
the Planning Committee of the  
2013 ManDate Conference for the vision, dedication, and  
commitment that made this conference happen.**



**7059 Blair Road, NW,, Suite 101, Washington, DC 20012  
202.223.9550 phone 202.223.9382 fax**



**WELCOME FROM THE PROJECT HEALTHY LIVING ADVISORY BOARD TO THE  
2013 ManDate Conference!**

We are pleased that you are joining us for this year's conference. Our theme, "I Am A Man," builds on the memory of the historic civil rights movement and the March on Washington respectfully reminding ourselves and our communities that we are also part of the movement and that our presence is not to be underestimated or ignored. As men we are same gender loving, gay, and bisexual but we are also responsible, resourceful, and resilient. We are part of a great legacy of building a better today and tomorrow for our families, communities, and our selves. We hope that you will make some new friends and connections, gain some important insights, and find your place as we commit to being the change we need to see in the world. From workshops, keynote addresses, plenaries, and performances we will explore what it means to be strong men in our communities, proud of our lives, sexuality, and relationships. We are fathers, sons, brothers, cousins, grandfathers, uncles, godfathers, lovers, friends...doctors, lawyers, counselors, teachers, preachers, business men, leaders, community workers, and retail workers, servers, pilots, stewards, consultants, and community members. We are vital parts of the society and our health and wellness matters. Our hope is that you leave this conference empowered to be the best YOU you can be and that you commit to your own health and wellness as well as the overall health of our communities. Welcome and enjoy!!!

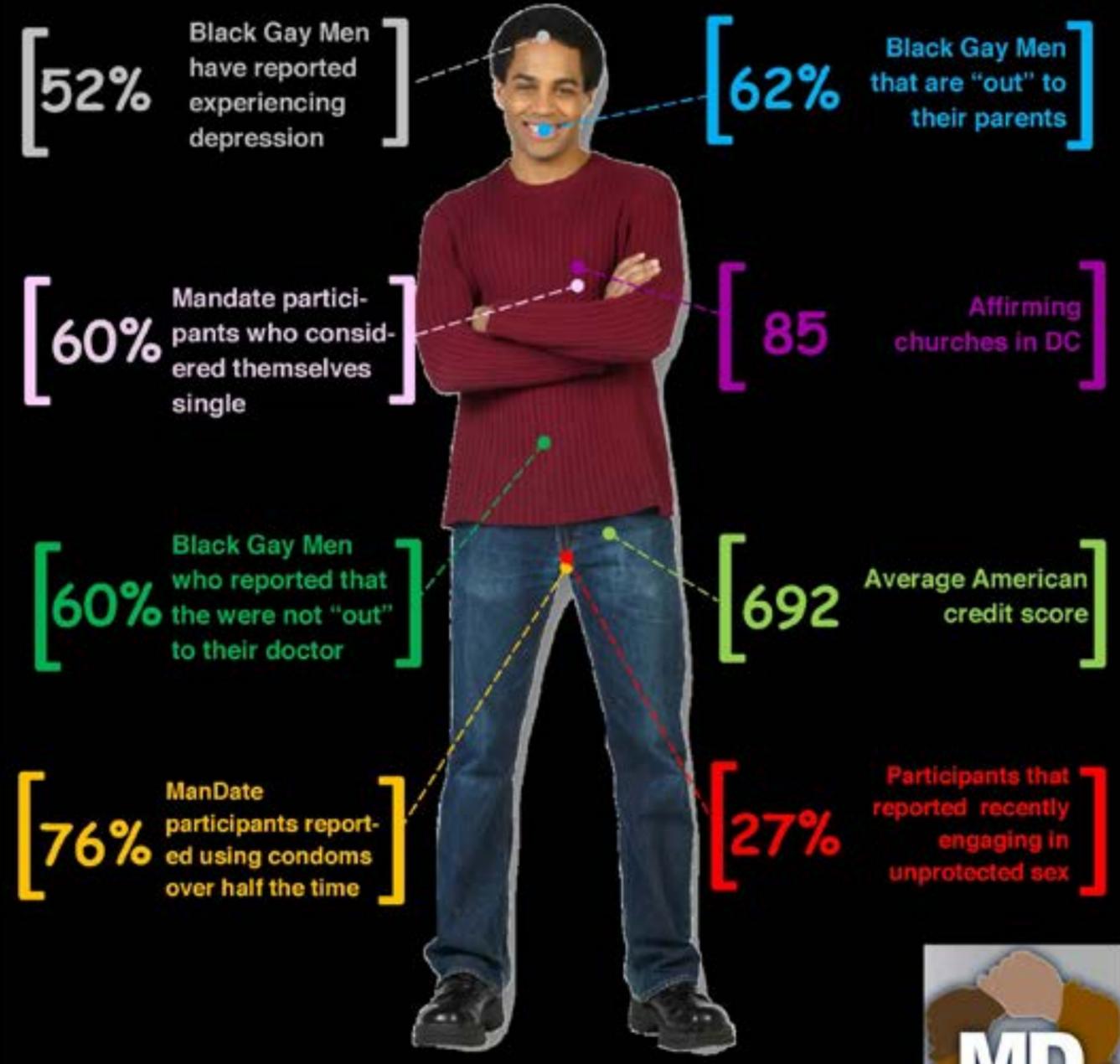
**Project Healthy Living Advisory Board:**

- |                       |                     |               |
|-----------------------|---------------------|---------------|
| Christopher Barnhill  | Amari Ice           | Ken Pettigrew |
| Robert Barrett        | Brian LaBoard       | Kevin Sanders |
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*Project Healthy Living is a working group consisting of African-American gay and bisexual men, with very close ties and direction from the District of Columbia Department of Health HIV/AIDS, Hepatitis, STD and TB Administration (HAHSTA). The members of Project Healthy Living are representatives of the local African American MSM community, including an array of professional and educational backgrounds. The mission of Project Healthy Living is to improve sexual health outcomes and influence healthy life choices for African-American gay and bisexual men and their social and sexual networks. Project Healthy Living operates with logistical and fiscal support from HAHSTA and DC CARE.*

Here are some interesting facts regarding the health and wellbeing of ManDate participants and black gay and bisexual men.

Visit the ManDate website for additional resources and information



|  |  |  |
|--|--|--|
|  | <b>Mental Health</b>   |  |
|  | <b>General Health Information (particularly for Gay men)</b> |  |
|  | <b>Dating and Relationships</b>                              |  |
|  | <b>Spirituality</b>  |  |
|  | <b>Credit</b>  |  |
|  | <b>Coming Out</b>  |  |
|  | <b>Condoms and Condom Usage</b>                              |  |
|  | <b>Sexual negotiating skills</b>                             |  |



## CONFERENCE SCHEDULE

| FRIDAY, NOVEMBER 8TH  |   |
|---|---|
| Welcome Reception: Open Bar from 6:30-7pm, Cash Bar available after 7pm |   |
| 8-9:00 p  | <b>DRAMA:</b> Alan Sharpe presents "Now ... and Then"   |
| 9-9:30 p  | <b>DANCE:</b> Dissonance Dance Theatre presents "ZERO"  |
| 9:30-10 p   | <b>MUSIC:</b> Anhayla in concert  |
| 10-11 p   | Music/Open dance  |
| SATURDAY, NOVEMBER 9TH  |   |
| 8:30-9:30a  | <b>REGISTRATION &amp; BREAKFAST</b>   |
| 10-11:15a<br>CONFERENCE OPENING   | <b>Talk Data to Me</b><br><b>Tiffany West</b><br>(Main Room)                                    |
|   | <b>Keynote Address: AJ King</b><br>(Main Room)  |
|   | <b>Keynote Address: Dr. David Malebranche</b><br>(Main Room)                                    |
| 11:15-11:30a  | <b>BREAK</b>  |
| 11:30-12:30p<br>WORKSHOP SESSION A                                      | <b>Financial Empowerment through Credit Wellness</b><br><b>Florence King</b><br>(Main Room)     |
|   | <b>Hep C &amp; Me</b><br><b>Russell Binion</b><br>(Room B)                                      |
|   | <b>Beginning to Heal Myself: Doing needed work</b><br><b>Antoine Craigwell</b><br>(Room C)      |
| 12:30-12:45p  | <b>BREAK</b>  |
| 12:45-2p<br>PLENARY A   | <b>Ask the Doc</b><br><b>Drs. Theo Hodge, David Malebranche, and Leo Moore</b><br>(Main Room)   |
| 2-3:30p   | <b>LUNCH</b>  |
| 2-3:30p<br>PLENARY B  | <b>Testing Makes Us Stronger</b><br><b>Partner Presentation</b><br>(Main Room)                  |
|   | <b>Gilead</b><br><b>Sponsor Presentation</b><br>(Main Room)                                     |
|   | <b>Lunch Keynote Address: The Rev. Dr. Kenneth Samuel</b><br>(Main Room)                        |
| 3:30-3:45p  | <b>BREAK</b>  |
| 3:45-4:30p<br>WORKSHOP SESSION B  | <b>Let Me Put a Ring on It</b><br><b>Michael Everett and Aunsha Hall-Everett</b><br>(Main Room) |
| 3:45-4:30p<br>WORKSHOP SESSION B (Cont'd)                               | <b>I Am a Man (Film and Discussion)</b><br><b>Cleo Manago</b><br>(Rooms B & C)                  |
| 4:30-4:45p  | <b>BREAK</b>  |

## CONFERENCE SCHEDULE

| SATURDAY, NOVEMBER 9TH (CONTINUED)  |   |
|-------------------------------------|---|
| 4:45-6p<br>WORKSHOP SESSION C       | <b>Now What?!: Moving Past the Pain and Living Again</b><br><b>Kevin Taylor</b><br>(Main Room)  |
|                                     | <b>LGBTQ Foster Parenting &amp; Adoption</b><br><b>Regina Lawson</b><br>(Room A)  |
|                                     | <b>Making the Connection: An Intergenerational Conversation</b><br><b>Between Black Gay Men</b><br><b>Venton Jones</b><br>(Rooms B & C) |
| 6-7p                                | <b>DINNER</b>   |
| 7:30p until<br>RECEPTION & CASH BAR | <b>MUSIC: YahZarah in concert</b>   |
| SUNDAY, NOVEMBER 10TH               |   |
| 10-10:30a                           | <b>REGISTRATION</b>   |
| 10:30-11:30a                        | <b>BREAKFAST</b>  |
| 10:30-11:30a<br>CONFERENCE OPENING  | <b>Keynote Address: The Rev. Dr. Kenneth Samuel</b><br>(Main Room)  |
| 11:30a-12:15p<br>WORKSHOP SESSION A | <b>Unleash Your Power, Actualize Your Potential</b><br><b>Michael Grant</b><br>(Main Room)  |
|                                     | <b>The Tale of Chatalata</b><br><b>Micci Sainte-Andress</b><br>(Room A)   |
|                                     | <b>Are You Ready for Homeownership?</b><br><b>Robert Barrett and Jabari Bruton-Barrett</b><br>(Room B)                                  |
|                                     | <b>Doing the Butt, What?</b><br><b>Rodney Perkins</b><br>(Room C)   |
| 12:15-12:30p                        | <b>BREAK</b>  |
| 12:30-1:15p<br>WORKSHOP SESSION B   | <b>Black Men &amp; Fitness</b><br><b>Gradis White</b><br>(Main Room)  |
|                                     | <b>Business Entrepreneurship</b><br><b>Eugene Cornelius</b><br>(Room A)   |
|                                     | <b>Plan Your Financial Future</b><br><b>Elijah Turner</b><br>(Room B)   |
|                                     | <b>Family Building Options for Same Sex Couples</b><br><b>Dr. Rafat Abbasi</b><br>(Room C)  |
| 1:15-1:30p                          | <b>BREAK</b>  |
| 1:30-3:30p<br>WORKSHOP SESSION C    | <b>You Are Not Alone (Film Screening followed by Q&amp;A)</b><br><b>Antoine Craigwell</b><br>(Main Room)                                |

## WORKSHOP SESSION DESCRIPTIONS

### FRIDAY

#### **Aural Sex: Now ... and Then & Second Thoughts**

Written by Alan Sharpe

#### *Now...and Then*

At the end of his probationary period, the new youth minister gets an -- unexpected -- vote of confidence from his pastor.

Donald Burch III & Reginald Richard

#### *Second Thoughts*

The latest Jordan's are due in a few days...and the drunk, sexy, half-naked, youth passed out on a middle-aged man's sofa is determined to obtain a pair.

Michael Sainte-Andress & Tristan Phillip Hewitt

#### **Zero**

Choreographed by Shawn Short

An initial attraction between two people can be exciting. But in a world where symbols and stigmas can douse the flames of passion, finding a loving companionship can seem unattainable. Zero is a male duet examining initial physical attraction between men and their emotions after revealing their HIV status.

#### **Musical performance by Anhayla**

Multi-talented while remaining truly unique, Anhayla (Ahn-hay-lah), a Virginia native, is a songstress, writer and guitarist whose sounds have captured the heart and minds of her fans. If you need proof, ask her 50,000 plus subscribers on YouTube with a page that has over 8 million views or her thousands of friends and followers on Facebook & Twitter. (<http://www.anhayla.com>).

### SATURDAY

#### **Talk Data to Me: A Between the Spreadsheets Look at Your Health**

Presented by Tiffany West and Che Smith

In this age of technology, almost everyone owns a smartphone and uses the Internet and apps to seek information. When it comes to our health, however, our information is not always immediately accessible. It's buried in charts, spreadsheets, and mostly on pieces of paper in various doctors' offices. Even when it is accessible, data presented in this way makes it hard to interpret. This talk goes between the spreadsheets to make data and information sexy. We highlight some examples of colorful data visualizations that can empower men to understand health trends among the US population and make informed decisions to positively impact their own long-term health.

#### **Keynote Address**

Presented by AJ King

Alexander "AJ" King, at 24 years of age, has been working in the non-profit social justice field for almost a decade. He was introduced to the world of social change and community networking at the age of 15 when he joined a non-profit organization, City at Peace (CAP), a program that teaches youth the basis of internalized,

## WORKSHOP SESSION DESCRIPTIONS

### SATURDAY (CONTINUED)

interpersonal, and institutionalized oppression and conflict resolution through theatre arts. In his third year performing with CAP, King was on the production team for multiple showcases, assisting in creative development, while facilitating cultural sensitivity workshops for diverse youth.

While HIV Prevention Program Coordinator at the Sexual Minority Youth Assistance League (SMYAL) King was a major advocate for DC's LGBTQ youth. He became a mentor to the youth and facilitator of over five programs and youth led initiatives, including the Youth Arts Ensemble, a performing arts program geared toward LGBTIQ youth. He also provided outreach and testing for at-risk populations in the Northern Virginia metro facilitating an intervention known as Rewriting Scripts Everyday (RISE) a powerful retreat for gay men of color addressing self-esteem, homophobia, and self-abuse.

Currently, King works at George Washington University as a Research Assistant, working on analyzing the safety and acceptability of PrEP (Pre-Exposure Prophylaxis) for MSM in the DC metro area. He plans on transferring to George Washington University next semester to complete his education.

#### **Keynote Address**

Presented by Dr. David J. Malebranche

David J. Malebranche, MD, MPH, is a clinician-researcher with expertise in the clinical management of HIV and behavioral HIV prevention research with Black men in the United States. He is currently a primary care physician at the University of Pennsylvania's Student Health Center in Philadelphia, PA. Dr. Malebranche is board certified in Internal Medicine and is recognized as an HIV Specialist from the American Academy of HIV Medicine. He is also an experienced qualitative HIV behavioral prevention researcher who has completed several studies on sexual health among Black men of diverse sexualities. His other areas of expertise are Men's and LGBT health, as well as the diagnosis and treatment of HIV and Sexually Transmitted Infections (STI).

Dr. Malebranche's work has been featured in medical and public health journals such as The Annals of Internal Medicine, The American Journal of Public Health, The Journal of General Internal Medicine, Health Affairs, Men and Masculinities, The Archives of Sexual Behavior and The Journal of the National Medical Association. He is known as a dynamic speaker nationwide and has appeared in documentaries on CNN, ABC News Prime-time, TV One and Black Entertainment Television (BET) for his expertise on HIV in the Black community. Dr. Malebranche also served as a member of the President's Advisory Council on HIV/AIDS (PACHA) from 2006 – 2008, and was the HIV/AIDS clinical expert on WebMD from 2010 - 2012.

#### **Credit Wellness and Credit Management**

Presented by Florence M. King

The credit wellness workshop addresses credit guidelines that you should follow to keep abreast of all the laws and changes that take place in the credit industry. We all like to think that we are the masters of our own personal finances, however, when it comes to your credit scores the credit reporting agencies are in charge. This workshop addresses the key components to creditworthiness and wellness that you can immediately enact that will raise your scores. We give you the five core concepts that will increase your credit scores and establish credit based on the Fair Isaac Corporation's (FICO) algorithm. You should not be in the dark concerning the credit practices that unknowingly lower your credit scores. No matter what range your scores are in, something can be done to empower you and improve your credit profile based on federal regulations.

## WORKSHOP SESSION DESCRIPTIONS

### SATURDAY (CONTINUED)

#### Hep C and Me

Presented by Russell Binion

Hep C is a virus that can result in serious liver damage, including cirrhosis (scarring of the liver), liver cancer and death. The disease is the main cause of both liver cancer and liver transplants in the United States. There is no vaccine for the Hep C virus (HCV), but there are treatments that can cure the virus in some people. There is ongoing evidence that men who have sex with men (MSM), especially those who are HIV+ and those who engage in unprotected sex with multiple partners, are at risk for sexual transmission of the virus. The presentation will address the following:

How prevalent is Hep C?, How is it transmitted?, Is it sexually transmitted?, How do you know if you are infected? (Including optional free Hep c rapid testing on site), Who should get tested?, What happens after hep c infection?, What are the symptoms?, How is Hep c spread?, and Current HCV treatment.

#### Beginning to Heal Myself: doing needed work

Presented by Antoine Craigwell

Depression is often misunderstood, unacknowledged or masked. Traditionally in the Black community, there is the admonition, “you don’t talk your business to strangers”, which has its roots the Black experience of slavery and in the family’s survival and preservation, and which has become a vicious cultural cycle. Discussion of this un-discussed mental illness reaches across all comprehension levels from: explaining its manifestations and recognizing it at the introductory level – looking at the neuro-psychological effects of HIV, including presenting facts and quoting from research for the intermediary and advanced levels – to incorporating common environmental factors, all of which are intended to stimulate discussion and raise awareness.

#### Ask the Docs

Presented by Drs. David Malebrance, Leonard Moore, and Theo Hodge

Facilitated by two physicians that specialize in the care of adults and one in adolescents and young adults, this session will provide participants with opportunities to ask questions and get information in an informal setting. Discussion will focus on health care concerns specific to African American Gay men in particular, as well as health concerns of men overall. Topics may include general sexual health, “top” and “bottom” health, STDs, HIV/AIDS, as well as health issues specific to young and older men. The format will provide for submission of questions in writing to facilitate discussion of sensitive topics.

#### Testing Makes Us Stronger

Partner Presentation

#### Gilead

Platinum Sponsor Presentation

#### Keynote Address

Presented by The Rev. Dr. Kenneth Samuel

The Reverend Doctor (Dr.) Kenneth Samuels is pastor of Victory for the World Church (which has dual standing as an Independent Baptist Church and an active congregation of the United Church of Christ.) in Stone Mountain, GA.

## WORKSHOP SESSION DESCRIPTIONS

### SATURDAY (CONTINUED)

Dr. Samuel was licensed as a Minister of the Gospel on his 23rd birthday, August 5, 1979, at the historic Ebenezer Baptist Church in Atlanta, Georgia, under the pastorate of the Reverend Dr. Joseph L. Roberts, Jr., and Pastor Emeritus, Dr. Martin Luther King, Sr. He was ordained in 1982 also at Ebenezer Baptist Church, Atlanta. In November 2002, Dr. Samuel was granted full ministerial standing in the United Church of Christ through the Georgia/South Carolina Association of the United Church of Christ.

Dr. Samuel’s theological focus is in the field of homiletics and social ethics. Dr. Samuel is an adjunct professor in the Religion and Philosophy Department at Clark Atlanta University, and has served as a Teaching Assistant in homiletics at the Candler School of Theology, Emory University. Dr. Samuel is the author of Solomon’s Success: Four Essential Keys to Leadership which recently appeared as the number one best seller under Pilgrim Press in The Christian Century.

#### Let Me Put a Ring on It

Presented by Michael Everett and Aunsha Hall-Everett

As we see marriage equality gaining momentum and a lot of attention throughout the United States and other parts of the world, we as Black gay men still ask ourselves, “Will I one have a ring on my finger that symbolizes marriage and love for eternity?” We are beginning to see more Black gay men walk down that aisle of “holy matrimony” and wonder when our turn will come. But before we can take one’s hand in marriage, we have to know what are our marriage expectations and what do we look for in a husband. This workshop is designed to have that dialogue about the power of marriage. We will use this workshop to do the following: Explore marriage expectations and vows, Understand how TRICC (Trust, Respect, Intimacy, Communication, Cooperation) can enhance a marriage, Explore what is a good mate, Understand the need to live by marriage vows, Discuss why it is important to have a marriage that is for you

#### I AM A MAN: Black Manhood & Sexual Diversity

Presented by Cleo Manago

Opening with footage of Arsenio Hall’s controversial hosting of Minister Louis Farrakhan on his show, “I AM A MAN” directly confronts society’s fear and covert emasculation of the Black male persona. The 36-minute short covers a spectrum of societal factions, including the raging hyper-masculinity evidenced in today’s hip-hop movement. In addition, Uganda’s obsession with an anti-homosexuality campaign is uncovered for its religious agenda with white Christianity roots, while the Black church is also unmasked for its hypocrisy. A highlight of the film is archival footage of historical Harlem Renaissance icon James Baldwin, discussing his position as a Black man in America.

#### Now What?!: Moving Past the Pain and Living Again

Presented by Kevin E. Taylor

So much of the stuff that we struggle with move forward or trying to is rooted in our own painful pasts, filled with mistakes, bad choices and things that had nothing to do with us and now. But we get stuck and stalled trying to be great because we don’t know how to let things go. Yet, we still aspire to greatness and great things. Now What?! How do we get pass the roadblocks and the resentment? How do you move beyond the past to get on the path to greatness that awaits you? Through the work that I have done as a pastor, a community activist, a motivational speaker and an author, we will break yolks and see breakthroughs as people

## WORKSHOP SESSION DESCRIPTIONS

### SATURDAY (CONTINUED)

deal with the stuff that stops them from being great and leave it in the safe place called MANDATE!

#### **LGBTQ Fostering and Adopting**

Presented by Regina Lawson

This presentation focuses on the needs of youth in foster care and how Lesbian, Gay, Bisexual, Transgender & Questioning (LGBTQ) are needed resources for children in the District in providing safety and permanency. The workshop will provide current data on children in foster care and illustrate how LGBTQ individuals and families can provide safety and permanency for these youths. On average 29,000 youth exit the foster care system yearly without permanency. This workshop will orient LGBTQ individuals and families who want to foster and adopt in the District on the process and demonstrate that fostering and adopting children for LGBTQ individuals and families is realistic and doable in the District. Participants will be oriented on the process including training requirements, home study process, placement of children in temporary safe haven homes and the need for permanency. In addition, the multitude of services offered and resources including monthly financial stipend, daycare and continuous training will be illustrated.

#### **Making the Connection: An Intergenerational Conversation Between Black Gay Men**

Presented by Venton Jones

What generation are you a part of? Whether you are a part of the Baby Boomers, Generation X, Y or even Z this workshop will engage Black gay men in an open and honest dialogue about some of the generational differences we face in the Black gay men's community. The session is designed to be an inter-generational exploration of a wide range of issues, including mentorship, manhood and solutions for making public health/HIV messaging relevant for today's Black gay man.

#### **Musical performance by YahZarah**

YahZarah, native to Washington, DC, is a singer-songwriter who first made her mark as a background singer for Erykah Badu, has spent the past few years touring in support of her albums "Hear Me" (2001), A follow up LP, 2003's "Blackstar," was issued on the Three Keys label and reached #44 on Billboard's Top R&B/Hip Hop Albums chart. Followed by 2008's "The Prelude." She worked on "The Ballad..." independently for a number of years before reaching out to Phonte (a longtime friend and fellow NC Central music student), and finally selecting +FE Music as her label home. (<http://www.whoisyahzarah.com>)

### SUNDAY

#### **Keynote Address**

Presented by The Rev. Dr. Kenneth Samuel

#### **Unleash Your Power; actualize your potential**

Presented by Michael Grant

What am I going to do next? Where should I go from here? What should I aspire to? Do I have to choose between money and my commitment to my community? If I stay where I am in my career, am I settling? What do the people I am surrounded by expect from me? Do I want to meet their expectations? If I do not meet their expectations, have I failed?

In this presentation the audience will learn how to address all three ingredients to achievement.

## WORKSHOP SESSION DESCRIPTIONS

### SUNDAY (CONTINUED)

The presentation will be divided into three parts- How the human mind works: The conscious mind, The unconscious mind, & The subconscious mind. What participants will walk away with is how to control thoughts and redirect the awesome power for goal-achievement, by understanding the three forces of motivation. The most powerful of the three forces is the third force: creative visualization!

#### **The Tale of Chatalata**

Presented by Michael Sainte-Andress

In this solo dramatic performance I relate the story of my grandmother's influence in my life and how it has enabled me to cope with the challenges of living with racism, homo-hatred and HIV/AIDS stigma and how to, "...prevail with grace."

After the viewing we will engage in an interactive discussion about the central themes in the piece. It provides the participants with a clear example of the value of spiritual strength and the power of being able to claim one's worthiness in life and the right to live wholly, authentically and unapologetically.

#### **Are You Ready?: A Guide to Homeownership**

Presented by Robert Barrett and Jabari Bruton-Barrett

The number of years an individual owns a home is one of the largest predictors of their eventual wealth, as home equity has a direct correlation with personal wealth. Homes are the largest investment that most Americans make and by far the biggest item in their wealth portfolio. Lack of information, fear, and individuals not feeling as though they can save enough money are the top three reasons why people have not purchased real property. This workshop aims to go beyond the myths and provide participants with accurate information, resources and tools that will assist them in analyzing their readiness to purchase a home.

#### **Doing the Butt, What?**

Presented by Rodney Perkins

Anal sex can be an extremely pleasurable experience, but there are things you need to know to enhance your experience and maintain your anal health. This session will provide participants with an overview of anal health in addition to practical tools and tips for maintaining anal health. The session also aims to introduce the concept of anal pap smears and self administered Sexually Transmitted Infections (STI) test for gay men.

#### **Black Men and Fitness**

Presented by Gradis White

Fitness has proven to be one of the most effective and least expensive treatments known to man in the fight against and prevention of disease. This fast-paced, information-packed presentation will help you break through the mental road blocks that have prevented you from achieving optimal health. I will expose the truths and debunk the myths, scams, and scare tactics about: Quantity of Fitness (How much time), Supplementation (Learn what to look for in the products you use), Quality of Fitness (Which exercises will give me results), Effectiveness of Fitness (How hard do I have to work), Efficiencies of Fitness (How long will it take to get and see results), What to eat and why?, Understanding nutrition labels (Learn how to shop). By the end of the presentation, I will turn your excuses of why you can't into reasons why you can, armed with the knowledge to achieve a quality of life you never knew could exist!

## WORKSHOP SESSION DESCRIPTIONS

### SUNDAY (CONTINUED)

#### Business Entrepreneurship

Presented by Eugene Cornelius

The black LGBT community consists of people from all backgrounds. Black men currently have the highest unemployment rate in the nation. We need to start building wealth and ownership in order to advance our community at large. We can do this by being entrepreneurs, and we need to hire within our community. We can no longer wait for outside groups to hire us and pull us up – we need to pull ourselves up. The U.S. Small Business Administration has partnered with the National Black Justice Coalition for the Many Faces, One Dream tour that focuses on economic empowerment within the LGBT minority community.

#### Plan Your Financial Future

Presented by Elijah Turner

Vincent and Erik have been together for 25 years. Both are well educated, with excellent careers. Vincent is a highly respected College Professor at a major University. Erik has a Masters and is a licensed Clinical Psychologist. Vincent and Erik together have travelled the world and have always enjoyed the finest things that money can buy. Granted that both Vincent and Erik are doing well and are committed to be there for each other until the end; neither one has address the question about the future of, “What If ?” This workshop presentation will address how important for individuals and couples to have an estate plan.

#### Family Building Options for Same Sex Couples

Presented by Dr. Rafat Abbasi

This talk will highlight the advances in reproductive choices available for single men and same sex couples. These choices include third party reproduction (including international surrogacy) and adoption. We will review the process of third party reproduction. This involves the participation of an egg donor (known or anonymous), a gestational carrier (known or anonymous), and the intended parent(s) sperm. The choice of surrogacy for men, involves a team of professionals. This team is comprised of a reproductive endocrinologist (the doctor), an attorney, and the agency which helps find the surrogate. Their roles and interactions will be outlined. The logistics and the process will be highlighted and discussed in detail. The unique challenges including the legal and contractual hurdles as well as treatment coordination will be reviewed. Insurance coverage (or lack thereof) and the financial costs will be discussed as well.

#### You Are Not Alone (film screening followed by Q&A)

Presented by Antoine Craigwell

Through the courageous sharing of personal stories, “You Are Not Alone” Is film explores many of the underlying social factors which contribute to high rates of depression among Black gay men. “You Are Not Alone” also opens up discussions on the critical issues affecting many Black men and Black gay men who go through life hiding their depression, which can contribute to unsafe sexual activity because they are unconcerned about the consequences, elevated drug use, and even death by suicide. The documentary is a combination of powerful, heart wrenching and poignant interviews and is balanced with professional opinions provided by mental health professionals, academics and religious leaders (Christian and Islam).



I AM RESPONSIBLE, RESOURCEFUL, RESILIENT.

I AM  
A MAN



A DC study of 500 gay men found that the HIV infection rate among Black gay men 30 years and older was 32% and the rate for men less than 30 was 12%. Sexually active Black gay men in the District should get a HIV test at least three (3) times a year.

**Us Helping Us** provides free HIV testing, Monday - Friday, 10 a.m. to 5 p.m.

If you're positive, we can help you to have a long and healthy life. And if you're negative, we can help you stay that way.

Call 202 446-1100 for more information.

**CFC# 38422**

**Us Helping Us  
People Into Living, Inc.**

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