

Press Release



MONTGOMERY PLAYS HOST TO SISTERBRATION'S GIRLS' NIGHT OUT! TO CELEBRATE AFRICAN-AMERICAN WOMEN AND GIRLS HEALTH

Celebrity Chef Jamika Pessoa & Gospel Sensation Kierra Sheard
Take Part in the Eighth Annual HIV/AIDS Awareness Event

Dallas, TX (May 1, 2011) – Sisterbration announces its eighth annual *Girls' Night Out! (GNO)* to be held on Saturday, June 11, 2011 at True Divine Baptist Church in Montgomery, Alabama. Celebrating African-American women and girls' health, this star-studded event commemorates National HIV Testing Day and launches the organization's new *Start A Conversation* campaign. This event is part of Sisterbration's ongoing HIV/AIDS public awareness initiative designed to spark conversation about HIV/AIDS among African-American women and girls. The Girls' Night Out! movement is supported by BET Rap-It-Up, GreaterThanAIDS.org, Alabama Department of Public Health, Alabama Community AIDS Fund, Eve's Circle, Montgomery AIDS Outreach and Lighthouse Counseling Center.

Alabama had 839 HIV/AIDS diagnoses in 2008, with Montgomery County reporting 122 – the highest number in the state per capita. And though African Americans represent just 26% of state residents, they accounted for 70% of diagnoses in 2008 and 64% of cumulative cases, according to the state HIV/AIDS Surveillance Branch. National HIV Testing Day is a nationwide observance to raise awareness of the increasing impact of HIV/AIDS and encourage individuals to get tested. It is also aimed at empowering communities and organizations to take action in the fight against HIV/AIDS.

Kicking off the GNO event is a power walk hosted by wellness coach Vickie Washington at 10:00 a.m. outside the church located at 4601 Troy Highway. The walk will transition attendees into the *I Am Worth It* girl's health forum. Tafeni English, executive director of local nonprofit Eve's Circle, will serve as the forum moderator and will be joined by Montgomery native and celebrity chef, Jamika Pessoa, from TLC's "Home Made Simple." Pessoa will open the forum with the breakfast keynote and a special food demonstration.

Political activist Catrina Carter will join a team of influential women in a series of empowerment workshops to discuss social issues affecting teen women, including the rise of HIV/AIDS in the African-American community. Empowerment workshop facilitators include Tonya Bodenheimer-Rogers (Family Guidance Center), Erika "E Free" Freeman (SkinDeep Ministries), Ayanna Molina (True Love Movement), Courtney Teague (A Differentiated Vision), and other notable celebrities and health experts. Pastor Yvonne Jones, author of *Sexy Sassy Sanctified Woman*, will host a special session for mothers and other adult women at 4:00 p.m.

Alabama Department of Public Health will host a free community health fair for the entire family from 4:00 p.m. to 6:30 p.m. in the Church gymnasium. As part of this community partnership, free and confidential HIV testing will be offered to individuals ages 17 and older. In addition, blood pressure checkups will be given along with diabetes, cholesterol and Body Mass Index screenings. Informational tables will feature prevention materials on asthma, cancer, childhood obesity, diabetes, heart disease,

For more information about Sisterbration, visit www.Sisterbration.com. Join our Facebook® fan page at www.facebook.com/Sisterbration or follow us on Twitter™ at <http://twitter.com/Sisterbration>.

ABOUT SISTERBRATION

Sisterbration is a public 501c3 non-profit organization that fosters healthy lifestyles in an effort to reduce disability and death caused by chronic and infectious diseases. Sisterbration was established in 2004 by husband and wife, Mark A. Clay, MD and Kimberly S. Clay, PhD., to serve the unique health and lifestyle needs of women and girls from communities disproportionately affected by the burden of poverty. With headquarters in Metro Dallas, Texas, Sisterbration has five service affiliates and more than 200 volunteers and supporters who carry out the organization's mission in communities across the Deep South. By combining a healthy dose of education and entertainment, Sisterbration has produced a portfolio of unique health and wellness programs that embrace a cross-generational community of 'girls' from pre-teens to grandmothers. Sisterbration programs include Girls Have Heart™, an innovative public health program designed to educate women about their risk for heart attack and stroke; Girls Night Out!™, an HIV/AIDS prevention program designed to stimulate dialogue among mothers and their teen daughters about sexually-transmitted infections and HIV/AIDS; Run Like A Girl™, a newly-designed program combating childhood obesity through physical activity and healthy eating; and the Sugar & Spice Mentoring Program™, which pairs accomplished professional women with motivated teenage girls at risk of academic failure.