

HIP-HOP 4 A HEALTHY NYC

ADDRESSING PHYSICAL, MENTAL, SPIRITUAL & FINANCIAL HEALTH

VISITING SCHOOLS, HOSPITALS & NYCHA DEVELOPMENTS

**PROMOTING HEALTH EDUCATION, AWARENESS & PREVENTION
TO INCREASE LIFE EXPECTANCY TO OVER 83 YEARS OF AGE BY 2030**

COMING SOON TO YOUR COMMUNITY SO JOIN THE TEAM & SUPPORT THE PROJECT BECAUSE:

- **GUN VIOLENCE IS THE #1 CAUSE OF DEATH FOR CHILDREN & TEENS, CAR CRASHES IS #2**
 - **NEARLY 40% OF NYC PUBLIC SCHOOL CHILDREN ARE OBESE OR OVERWEIGHT**
 - **NYC DRUG OVERDOSES: OVER 3,025 PER YEAR, APPROXIMATELY 8 DEATHS PER DAY**



"The People's Shark"
Daymond John

OFFERING THE FOLLOWING TO ACHIEVE OUR 2030 GOAL:

- ❖ **"HATE THE WEIGHT" CHALLENGE**
- ❖ **HOW TO END GUN VIOLENCE ESSAY CONTEST**
- ❖ **SAFE DRIVING VIDEO & ESSAY CONTEST**
- ❖ **EXERCISE, DIET & SPIRITUALITY (EDS)**
- ❖ **DOCUMENTARY-FOOD, DRUGS & YOUR HEALTH**



Events Co-Hosted By:
The "Fitness Sheriff"

