

## What's new?

Renewal is all around us in spring. The mild weather, longer days and blooming buds inspire hope for a fresh start and provide motivation to focus on health and fitness. It's the perfect time to get outside and become more active. This spring and summer, Baptist Memorial Health Care continues its tradition of helping community members make fitness a priority with free outdoor classes.



We're proud to support the Levitt Shell Health & Wellness Series at Overton Park Shell in Memphis. The series helps participants enjoy such outdoor activities as Zumba or twilight yoga and Pilates. Classes begin on Monday, March 31. Check the [Levitt Shell Health Series](#) webpage for the schedule. Baptist also proudly supports Get Outside! Fitness Programs at Shelby Farms Park in Memphis. It kicks off for the season on Saturday, April 19. The classes provide a chance for the whole family to get fit, stay active and enjoy nature. Check the [Get Outside! Fitness Programs](#) website for more information and to register for free classes.

We hope you can take advantage of the beautiful weather headed our way and enjoy nature while increasing your fitness levels. Let's get moving toward better health!

**Keith Norman**  
**Vice President/Chief Government Affairs and Community Relations Officer**  
**Baptist Memorial Health Care**

## Addressing Health Disparities



### Black Men in White Coats

Baptist Health Sciences University HealthCORE hosted more than 700 students, parents and professionals on Saturday, Feb. 22 for the seventh Black Men in White Coats: Building Diverse Health Care Professionals Summit for fifth grade through college students interested in pursuing medical and science careers.

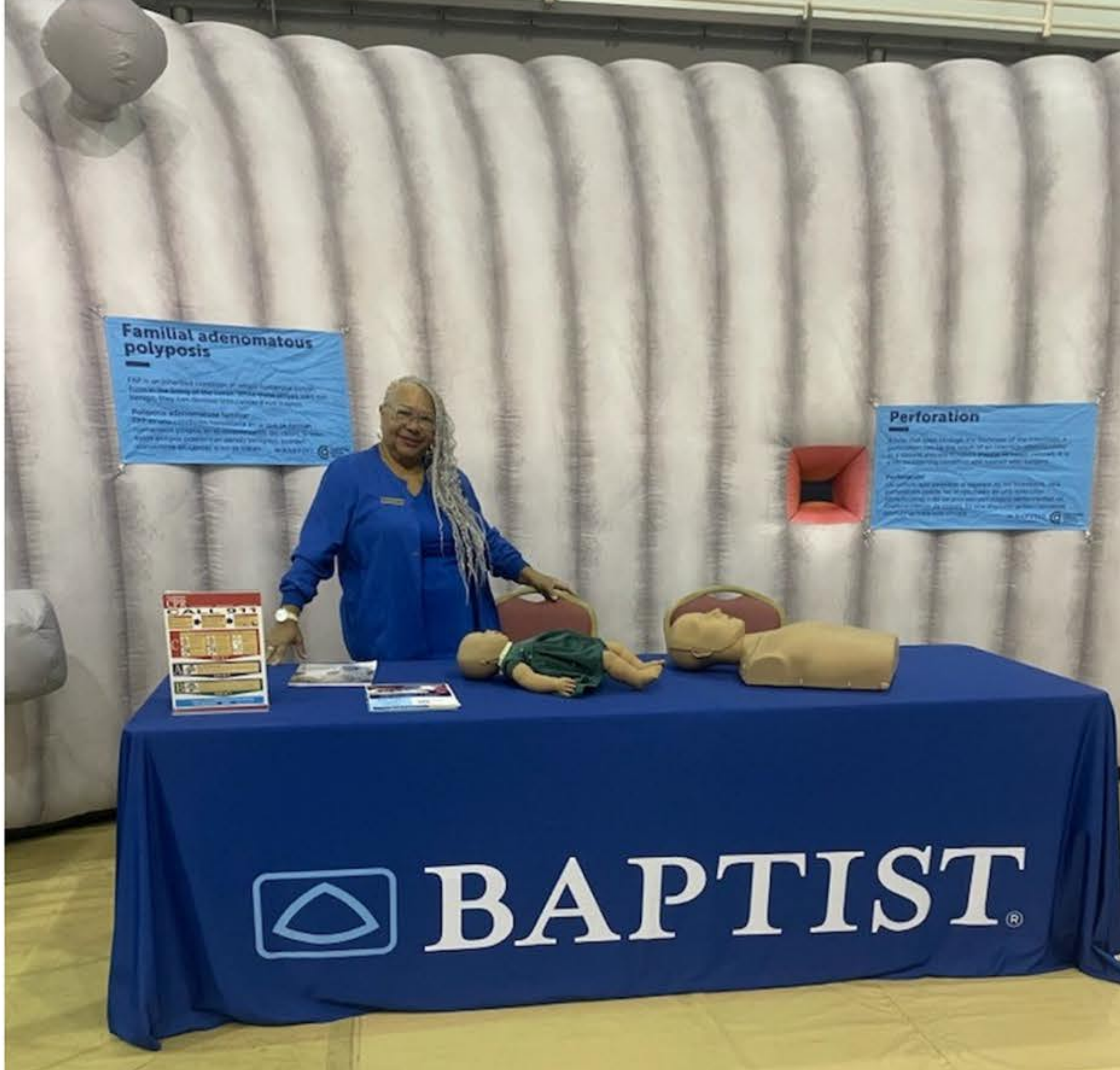
The free event, held at at Baptist Health Sciences University College of Osteopathic Medicine, included speed networking with local health care professionals, hands-on demonstrations and panel discussions. Participants had the opportunity to learn about health care career opportunities, financing for higher education and other resources and support.



Ted Lyons, a clinical pharmacist and chief executive officer with Shot Rx 901, served as a featured speaker along with Fred Peete, chief executive officer for R.E.D Chiro; Tony Beard, laboratory director for Baptist Memorial Hospital-North Mississippi; and Dr. Winfred B. Abrams Jr., an orthopedic surgeon with OrthoSouth.

Baptist was selected to host a citywide chapter of the National Black Men in White Coats initiative in October 2023. Baptist's chapter members provided several mentoring opportunities before the annual summit, including school visits throughout January and February.

## Addressing Chronic Diseases



### Colorectal Cancer Awareness

During National Colorectal Cancer Awareness Month in March, Baptist helped educate the community about colon cancer prevention, risk factors and the importance of early detection. Screening tests can help detect the disease early, and in some cases, even prevent cancer from developing. According to the Centers for Disease Control and Prevention, prompt detection of early-stage colon cancer can mean a five-year survival rate of 90%.

On Saturday, March 1, Baptist Cancer Center team members provided colon health education and CPR demonstrations at the Temple of Deliverance COGIC Community Health Fair. Participants experienced the MEGA Colon, a walk-through, interactive educational exhibit and large-scale model of the human colon that shows polyps in the initial stages, advanced polyps, colorectal cancer and Crohn's disease. Baptist Cancer Center participated in additional community events with the MEGA Colon in March.

## Upcoming Events

[Sickle Cell Disease Conference, March 28, 2025](#)

[JA Inspire, May 6-8, 2025](#)

[HealthCORE STEM Summer Camp, June 9-13, 2025](#)

[Tennessee Department of Health Gifts and Needs Assessment for Places of Worship Survey](#)

## Stay in Touch

Bookmark our [Events](#) and [Resources](#) pages, and check them frequently to find out about free community health events and to access free health resources.

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