

Why We Laugh (Trailer)

Robert Townsend directs this film about Black comedy and comedians. It really does give credence to the saying “laugh to keep from crying.”

Sherri Shepherd, Charlie Wilson, Dick Gregory, Norm Nixon to Join Men's Health Summit



“As we celebrate the historic victory of President Barack Obama, we must remind ourselves that if current conditions prevail, we will continue to lose thousands of Baracks to a host of preventable medical maladies. The Annual African American Men's Health & Empowerment Summit is designed specifically for men,” explains Dr. Releford. “We want them all to come out on Saturday and participate in this free event. The statistics are not good for us, but by increasing an awareness of the issues, we can make things better. The Summit will offer much needed educational opportunities for early detection and intervention.”

About the Black Barbershop Health Outreach Program

Founded by Dr. Bill J. Releford, D.P.M. the Black Barbershop Health Outreach Program seeks to empower African American men

to better understand cardiovascular diseases and how to manage and prevent its complications. The program has a three prong strategy to its success: SCREEN, EDUCATE and REFER to the appropriate health care provider. The Black Barbershop Health Outreach Program has effectively addressed the health concerns of African American men in nearly 230 black owned barbershops around the country since December 2007. For additional go to <http://www.BlackBarbershop.org>.

About Dr. Bill Releford

Dr. Bill Releford began private practice in 1990 and started the Diabetic Foot Institute, a facility dedicated exclusively to the reduction of diabetes-related amputations in high-risk populations. Most patients were oblivious to the standard of care that should be expected during the occurrence of a diabetic foot complication or the unfortunate recommendation for lower-extremity amputation. Dr. Releford's personal and professional mission is to create innovative ways to decrease diabetes-related amputations. "Five Colors To Better Health" is his new book dedicated to a clear understanding of how eating a variety of colors can reduce your risk of diabetes and high blood pressure as well as other chronic diseases. Visit with him at <http://www.5ColorsADay.com>.

About the Diabetic Amputation Prevention (DAP) Foundation

The DAP Foundation's mission is to help decrease the diabetes-related amputation rate among high risk populations around the world and address the escalating number of individuals with undetected cardiovascular disease. The DAP Foundation's African American Men's Outreach Program seeks to partner with community groups and organizations to reduce the incidence of health conditions that adversely affect African American males by utilizing education, prevention and early detection through screening activities. DAP's efforts have already been successfully duplicated in other metropolitan areas, such as Oakland, Chicago, Harlem, St. Louis, Kansas City, Atlanta and

New Orleans.

Dr. Releford has also just recently returned from Haiti and has launched the Haiti Limb Preservation Project to assist in preventing amputations on the survivors of the earthquake. "As a podiatric surgeon, specializing for the past 20 years in limb preservation and preventing amputations, it was hard to continue to watch the devastation in Haiti without getting involved," cites Dr. Releford. "This is at the core mission of the Diabetic Amputation Prevention Foundation (DAP), which is to decrease amputations in high risk populations around the world." The DAP Foundation has projects in Ghana, Uganda, Gabon, Fiji, as well as Brazil. Review the compelling video footage of Dr. Releford's Haiti travels at http://www.youtube.com/watch?v=RgYFi5AAzYw&feature=player_embedded .

The 2nd Annual African American Men's Health & Empowerment Summit is funded in part by the DAP Foundation and a grant received from Congresswoman Maxine Waters. For more information [log on at http://blackbarbershop.org/summitblast.htm](http://blackbarbershop.org/summitblast.htm).