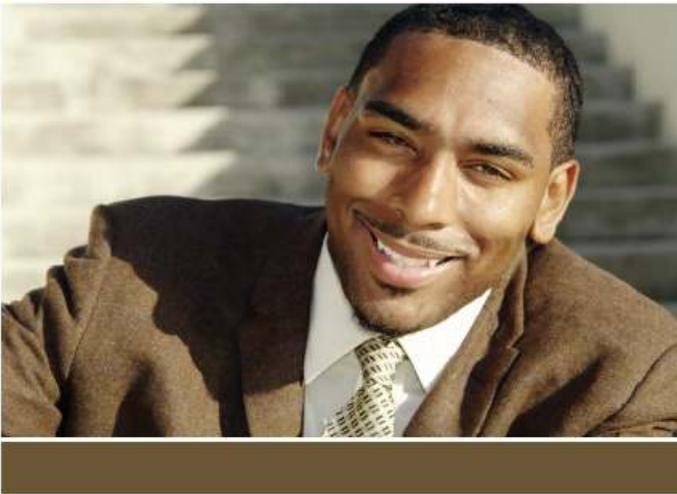


SIGMA WELLNESS: CHAPTER'S GUIDE FOR IMPLEMENTING

 <p>PHI BETA SIGMA FRATERNITY, INC.</p>	<h2>Living Well—</h2> <p>Brother to Brother</p>
	
	 <p>Sigma Wellness</p>
 <p>2007-2009 PROGRAM GUIDE</p>	

2007



Sigma Wellness: How to Use the Program Guide

Greetings Brother in Sigma:

Congratulations!

On deciding to implement the Sigma Wellness: Living Well Brother-to-Brother Initiative.

We are so very excited about Sigma's leadership role in eliminating health disparities in Men of Color.

Please take a moment and read below prior to conducting a workshop.

- Sigma Wellness is a Men's Health Initiative designed to educate and inform the community about key health issues facing men of color. The Initiative is meant to engage the community in a dialogue about our health and solutions to improve our well-being.
- The Program Guide is designed around five health modules. Each module has one or more sessions and should be completed in its entirety before moving on to the next module.
- Each module has a series of slides. The slides and manual are designed to work together to provide consistency and simplicity. All may be downloaded from the Social Action website.
- You may supplement the slides with relevant and audience friendly audio or visual materials of your own or with guest speakers.
- It is best to plan out the workshop a few weeks ahead of time. Preferably, the workshops can coincide with the Sigma Social Action Calendar.
- Brothers are advised to practice the slides a day or two before your workshop presentation. This allows you to become familiar with the language, topics and the transition of the slides.

- Take attendance, take pictures, provide a pre- and post test for attendees (materials included in the guide). This will help us better understand our effectiveness in the community, as well as provide us key information for building future programming.
- Brothers should first train each other on the modules so that every active Brother in the Chapter is familiar with the topics, and then prepare to conduct the workshops in the community.
- We encourage Brothers that when appropriate co-host the event with our sisters Zeta Phi Beta Sorority, Inc.
- Conducting the Sigma Wellness workshops provide an excellent opportunity for professional development, strengthening public speaking skills and organizational know-how.
- Report, Report, Report! Brother must build a workshop portfolio and report activities.
- Get the media involved, save newspaper clippings; contact the local health department and let them know of your work; engage health educators on your campus; organize health fairs; record and keep the pre and post tests (send the Social Action Director copies).
- Complete the assessments at the end and mail with your workshop portfolios.
- Complete the new on-line PIA form. We want to acknowledge our **Sigma Wellness Leaders!**

Live Well Brothers! Our Cause Speeds On!