

Alpha Kappa Alpha Sorority, Incorporated

PINK Women's Health Fair

GOES RED Soaring to Greater Heart Health

Moderators - Xi Alpha Omega, Rho Omicron Omega, and Sigma Theta

Saturday, February 7, 2026

5th Ward Multi-Service Center
4014 Market St.
Houston, Texas 77020

Welcome

8:00am - 9:45am: Vendors, Instructors, and presenters check in and set-up

10am: Doors open to the public. Vendors and health screenings are open

10:15am: Official welcome, meditation, special presentation

10:35am - 11:35am: Ask the Experts Panel

Dr. Teriya Richmond
Dr. Ashley Anglin
Ms. Kimberly Connell
Dr. Adrienne Williams
Dr. Karla Campos

Session I: 11:40am - 12:10pm

Pilates (Bring your own mat)
Nutritionist
Cooking Demo Class (limited to 20 attendees)
CPR Hands On

Session II: 12:15pm - 12:45pm

Workout/Yoga (Bring your own mat)
Nutritionist
Cooking Demo Class (limited to 20 attendees)
CPR Hands On

Closing Session: 12:50pm - 1:30pm (Auditorium)

Line Dancing (12:50pm - 1:10pm)
Event Closeout (1:10pm - 1:30pm)
Door prizes
Official Close Out
Attendees complete evaluation via QR code