



MEDIA RELEASE
For Immediate Release

Experience An Array of Wholistic Workshops, Vendors, Demos, and More At The 2nd Annual Transforming the Temple: The Bliss of Now, A Wellness Expo

Susan L. Taylor, founder of the National CARES Mentoring Movement and former Editor in Chief of Essence Magazine, is scheduled to give the keynote address at the day-long health expo on April 26th from 12 – 7pm at the Taino Towers of El Barrio/East Harlem.

(New York, NY- Thursday, March 27, 2014) - The Caribbean Cultural Center African Diaspora Institute (CCCADI) has partnered with Entering the Holy of Holies, An Institute of Learning and Healing, Inc. and the joint practice of Back to the Middle and New York Sports Acupuncture, to produce a day – featuring vendors, workshops, storytelling, live demos, and performances - dedicated to body, mind, spirit and heart healing.

"The health of our families is critical to the wellbeing and productivity of our children and our community," says Dr. Marta Moreno-Vega, the president and founder of CCCADI. "Learning about health contributes to our ability to learn and engage actively in our immediate surroundings."

With an emphasis on heart and mental health, this highly anticipated event is geared for pleasure and possibilities. Visitors can expect dance and art therapy classes, fresh food, diabetes and blood pressure screenings, nutritionists, reflexologists, a detox clinic, divination systems, meditation, and so much more.

"We're interested in broadening access to culturally resonant practitioners, resources, and products related to wholistic health," says Desiree Gordon, Programming Director of Education and Community Programs at CCCADI. "This is about decolonizing our perspective on wellness in a way that empowers and engages while enlivening joy and purposefulness."

For more information contact (212) 307-7420 ext. 3004 or 3008, email education@cccadi.org, or visit cccadi.org. Follow CCCADI on [Facebook](#) and Twitter, @CCCADI.

To purchase tickets, visit www.theblissofnow.eventbrite.com. Entry is \$8 in advance, \$10 at the door, and \$5 for seniors and students. Children under 12 enter free of charge.

About the [Caribbean Cultural Center African Diaspora Institute \(CCCADI\)](#)

The Caribbean Cultural Center African Diaspora Institute (CCCADI) values, connects and advocates for the traditions, history, culture and advancement of the African Diaspora. Through the dual tenants of arts and advocacy, CCCADI aims to create a paradigm shift within the global community toward cultural equity and social justice via new standards, policies and language. The Center has been, and will remain, an accessible community resource, a "first voice" institution, which produces culturally grounded, purpose-driven

and activist-oriented works, while simultaneously serving as a beacon of motivation and inspiration for many.

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