



For Immediate Release

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PRESS RELEASE

**CENTER FOR MULTICULTURAL WELLNESS AND PREVENTION’S “HEART & SOUL PROJECT”
RECEIVES NEEDED BOOST FROM AMERIGROUP COMMUNITY CARE**

ORLANDO, Fla. (January 10, 2012) – The Center for Multicultural Wellness and Prevention Inc. (CMWP), Heart & Soul Project was the recipient of a significant donation of \$5,000 from Amerigroup Community Care. The donation will be used to provide additional services to specified zip codes in Orange County.

Amerigroup Community Care is dedicated to improving access to health care for its members, while proactively working to lower cost to taxpayers. Community Outreach Manager, Armando Sanchez-Aballi said that, “When I learned about the Heart & Soul project, I knew that Amerigroup should support this project. The goals of the program align with our values at Amerigroup – improving the health and wellness of individuals while reducing overall healthcare costs”.

The Heart and Soul project seeks to educate, inform, assess and link minority populations in Orange and Seminole Counties on the importance of timely and appropriate preventive care, risk factors associated with heart disease and diabetes, health assessment and early health screening. Additionally, the importance of a healthy lifestyle, including increased physical activity (through the Walking Club), importance of knowing your family history, specific education to promote prevention of diabetes and cardiovascular disease; and referral to proper self-management for individuals already diagnosed, are highlighted in the Heart & Soul Project. The project education activities will also empower participants to take a major role in the management of their chronic conditions. Dr. Marie Jose Francois, President/CEO of the Center for Multicultural Wellness and Prevention Inc. acknowledged the timeliness of the \$5,000 donation from Amerigroup by saying that “Amerigroup is indeed a different type of Health Insurance Company, because they provide help to people who need it the most and they care about the community where they do business. This donation is just the start of a long-term relationship between CMWP and Amerigroup”.

The Center for Multicultural Wellness and Prevention is a 501 (c) 3 not-for-profit organization with the mission to enhance the health, wellness and quality of life for diverse and ethnic populations in Central Florida.

CMWP has a well-defined history of providing health education and outreach to Central Florida’s minority population. CMWP is an established non-clinical, health education and outreach agency in Orlando, Florida. The organization has successfully partnered with community and social agencies to effectively address the health education and disparity needs of Central Florida’s minority communities. For more information about the Center for Multicultural Wellness and Prevention Inc., please call (407)648-9440 or visit our website at www.cmwp.org

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