

## Welcome to *INSIGHT*

### Personal Health

#### Tip

Did you know the average diet only needs 2400mg of sodium per day? That's about 1 teaspoon of salt!

♥Reading food labels can help to manage the amount of sodium consumed in your daily diet.

### Professional Success Tip

Communicate with everyone in your professional network at least once a year.

♦Quarterly would be even better.

### Contact Information

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It is with great pleasure that I introduce and welcome you to *Insight*, a quarterly publication to share with family and friends. *Insight*, is published and distributed by Vsns, inc., to support your personal health and professional development. Vsns, inc., pronounced Visions, is a 501(c)(3) organization dedicated to impacting worldwide disparities by changing the way people think about their health and economic positioning.

*Insight* offers health and business tips to forge your success in today's challenging world, as well as provide you with updates on new developments at Visions.

## Visions' 2007 National Initiative

Visions kicked off its 2007 national initiative, Wavy's World™, during the Fifth Annual Tom Joyner Family Reunion™ in Orlando this past August. Wavy's World™ is educational program debate heart fight child-using ani- ters, health screenings and reverse mentorship.



Family members of all ages visit the Healthy Corner.

Joining thousands of African American families at this annual extravaganza being dubbed "the biggest and best family reunion ever" in the Fun Center Visions, sponsored the event's Healthy Corner, which served as the first stop on the Wavy's World™ National Tour "Helping Our Kids Survive the Obesity Crisis" which is making plans to visit five cities nationally by year end, that include Houston, Detroit, Memphis, and Philadelphia.



Wavy's World™ is a product of Treo Productions, Inc.



L. Neicey Johnson, BSN, JD  
Founder, Executive Director

## Take a Loved One to the Doctor Day®

Disparities in healthcare touches minority communities at astounding rates. According to the CDC, health disparities, for African Americans in the United States, can mean earlier deaths, decreased quality of life, loss of economic opportunities, and perceptions of injustice. For society, these disparities translate into less than optimal productivity, higher health-care costs, and social inequity. By 2050, an estimated 61 million African Americans will reside in the United States, amounting to approximately 15 percent of the total U.S. population.



Attendees are taught to measure their hip-to-waist ratio

Visions is proud to have partnered with KISS 104.1FM in support of the national Take a Loved One to the Doctor Day®. Similar events took place in 120 cities nationwide; all aimed at getting minorities mobilized to access health care. "We are excited to have provided cardiovascular health risk assessments and screenings for the metro-Atlanta event," says L. Neicey Johnson, founder of Vsns, inc. This year's event was held at the Clayton County Department of Health on September 18th.