

Hundreds Attend Annual Black Health Matters Summit

The Harlem-based event raises awareness of chronic diseases, promotes health screenings and fights stigma.

August 19, 2025 By Laura Schmidt

Black Health Matters, a leading health and wellness advocacy group, welcomed hundreds of attendees at its fifth annual Summer Health Summit & Expo in [Harlem](#) last week.

Held at Riverside Church, the [free event featured](#) culturally relevant [health screenings](#), community resources, expert panels, giveaways and more.



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“This summit is more than an event; it’s a catalyst,” said Roslyn Daniels, president and founder of Black Health Matters, in a [press release](#). “Harlem is a community with a rich legacy and resilient spirit. From the pulpit to the beauty shop, Harlem residents are seeking answers and access. We bring both in a space that’s culturally familiar and medically sound. This isn’t just about care; it’s about trust, transformation and taking the first step toward a healthier future.”

Participants shared personal health stories and learned from expert panelists and interactive workshops focused on chronic disease prevention, mental health, nutrition and holistic wellness. Speakers discussed gynecological health for Black women, childhood [asthma](#) and breathing techniques to lower blood pressure, improve circulation and promote [cardiovascular health](#) and more.

What’s more, fitness expert DeShaun Johnson led two high-energy workouts at the event.



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The summit’s complimentary health screenings included complete blood panels, glucose, [hepatitis C](#), [HIV](#), breast self-exam instruction, A1C, [high blood pressure](#) and more. The event also offered information on [clinical trials](#) and highlighted the importance of diverse representation in clinical

research.



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As part of the official Harlem Week programming and in partnership with the Greater Harlem Chamber of Commerce, event leaders noted that recent cuts to national health care coverage could impact over 13,000 Harlem residents, many of whom already face higher rates of chronic diseases.

"The Black Health Matters Summit represents the very essence of HARLEM WEEK's mission, uplifting, informing and empowering our people," said Winston Majette, executive director and board member of the Greater Harlem Chamber of Commerce and Harlem Week. "We are honored to partner once again and bring vital health resources to our community at a time when they are most needed."