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Where the Ladies At? Momma's Hip Hop Kitchen Volume 4, Let's Get Active!

(New York, NY 03/04/11)- International Women's Month comes every year, but 2011 is all about healthy eating and maintaining a healthy lifestyle. Nationwide, people are realizing how important it is to integrate fruits and a vegetable into one's diet, and how important exercise is. However, women and families in the **South Bronx**, and other low-income areas struggle just to have the basics.

Kathleen Adams and **Lah Tere**, founders of **Momma's Hip Hop Kitchen**, have created a platform to use hip-hop to discuss pressing social issues of today. **Momma's Hip Hop Kitchen** is a collective of arts, entertainment, awareness and education that combines women of color educators, students, activists, DJs, emcees, b-girls, poets, visual artists, dancers, and healers, all with the intention to express solidarity to women's rights!

Birthered in the South Bronx, where there has been a struggle with education budget cuts; toxic wastelands pollution; medical concerns due to a lack of access to healthy fruits, vegetables and health care; and disease from high levels of HIV/AIDS and STD transmission, **Momma's Hip Hop Kitchen** seeks to create awareness for healthy alternatives for women and their families.

Momma's Hip Hop Kitchen Volume 4, "Let's Get Active!" will be honoring **International Women's Month** by addressing some of the health disparities that affect women of color. Their goal this year is to use hip hop to initiate dialogue and inspire action in supporting healthier nutrition, more physical activity, and increased community involvement among women and their families.

On Saturday March 5, 2011, from 2pm-5pm at **Hostos Community College**, join **Momma's Hip Hop Kitchen** and a host of other women leaders representing various countries to deliver a safe, educating and entertaining presentation to young women throughout the tri-state area!

More on MHHK:

Momma's Hip Hop Kitchen (MHHK) is a multifaceted hip hop event designed to showcase women artists, especially women of color. MHHK serves as a social justice community-organizing platform that educates and empowers women of color on issues that impact their lives, including HIV/AIDS and reproductive justice. Our mission is to create a dynamic interactive exchange and safe space for all women of color to express themselves through their art. Be sure to attend this FREE event: Momma's Hip Hop Kitchen: Vol. 4: Let's Get Active! on Saturday March 5th, 2011 from 2-5pm.