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## Where the Ladies At? Momma's Hip Hop Kitchen, Volume: 5, Be the Cure!

(New York, NY 02/08/12)- International Women's Month comes every year, but this year is all about learning how to maintain a healthy lifestyle and becoming educated about preventable illnesses. Nationwide, women are realizing how important it is to integrate fruits and vegetables into one's diet as well as physical activity. While some of us are quite knowledgeable on how imperative healthy eating is, many families specifically in low-income areas like the **South Bronx** struggle to understand even the basics.

**Kathleen Adams** and **Lah Tere**, founders of **Momma's Hip Hop Kitchen**, have created a platform to use the art of hip-hop to discuss rising social issues of today. **Momma's Hip Hop Kitchen, Volume: 5, Be the Cure!** is an event that combines various areas of the arts to build awareness while collectively coming together with 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, there has been a struggle with educational budget cuts; toxic wastelands pollution; medical concerns due to a lack of resources and health care; diseases like HIV-AIDS and Sexually Transmitted Diseases. **Momma's Hip Hop Kitchen** seeks to create awareness for healthy alternatives for women and their families.

**Momma's Hip Hop Kitchen, Volume: 5, "Be the Cure!"** will be honoring **International Women's Month** by addressing some of the health disparities that affect women, specifically women of color. The goal this year is to use the artistry of hip-hop to initiate dialogue and bring awareness to both reproductive cancers (i.e. cervical, endometrial, ovarian, vaginal) and breast cancer, which disproportionately affect communities of color.

On Saturday March 3rd, 2012, from 2pm-5pm at **Hostos Community College**, join **Momma's Hip Hop Kitchen** and a host of other women leaders representing various communities to deliver a safe, educating and entertaining hip-hop showcase.

### 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. 5: Be the Cure! on Saturday March 3rd, 2012 from 2-5pm.