

The Good Life Emerges to Combat a Public Health Crisis Nationwide Among Black Americans

In a world where heroes emerge, an Oakland, California native creates an innovative national program to create healthier communities among Black America.

OAKLAND, CA, UNITED STATES,
September 25, 2024 /

[EINPresswire.com/](https://www.einpresswire.com/) -- In a world where heroes emerge unexpectedly, Shanette Merrick, a native of Oakland, California, stands out as a true champion for her community. As a Black American and Clinical Research Supervisor at UC Davis Medical Center, Shanette recognized a public health crisis disproportionately affecting Black Americans. Dementia, heart disease, and diabetes pose significant threats, and she felt compelled to act -- not just locally, but nationally



Driven by her commitment to improving nationwide Community Engaged Research and public health, Shanette founded The Good Life, an Oakland-based nonprofit with a national reach. The Good Life offers more than just exercise classes; it provides essential resources, innovative solutions, and critical support to Black Americans through free online sessions accessible via Zoom. The program honors elders, empowers youth, and uplifts communities – building a healthier future filled with vitality and dignity.

At UC Davis, Shanette worked alongside Dr. David Johnson, an Associate Professor of Neurology and Director of the California State Alzheimer’s Disease Research Center. Dr. Johnson’s expertise in clinical and neuropsychological assessment, as well as Alzheimer’s research to help shape The Good Life’s evidence-based approach to addressing health disparities in Black communities.

Together, Shanette and Dr. Johnson lead a transformative, science-based movement aimed at creating lasting change and a healthier future for Black Americans. The Good Life goes beyond classes, cultivating shared experiences that celebrate health, well-being, and personal growth while reinforcing the strength and resilience of communities of color.

By addressing systemic racism in the medical industry, The Good Life tackles treatment biases, healthcare disparities, socioeconomic barriers, and insurance gaps that have led to poorer health outcomes, particularly for older adults. The program emphasizes the importance of community support – neighbors, families, and friends – especially for children and elders in marginalized communities.

Moreover, The Good Life aims to foster sustainable, healthy communities by offering multigenerational support to Black American families. While primarily focused on older adults, the program has expanded to include caretakers, midlife adults, and children, ensuring even the most vulnerable receive the care and support they need.

The Good Life invites all Black Americans to join this journey toward health and wellness. Visit TheGoodLifePath.org to build a healthier tomorrow for all.

About The Good Life

The Good Life (TGL), founded in 2020, is a 501c3 nonprofit initiative in collaboration with UC Davis School of Medicine and in partnership with the City of Oakland. TGL is sponsored by the California Department of Public Health. Our mission is to combat health disparities nationally through community-centered, multigenerational support and education.

For Interviews with founders, or questions, please contact Tanya Moore, at Moore Media | PR@MooreMedia.TV

Tanya Armstrong
Moore Media
+1 831-383-3837
pr@mooremedia.tv

This press release can be viewed online at: <https://www.einpresswire.com/article/746352520>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.