

Center on Better Health & Life  
Florida State University

## *Health for Hearts United*

### **Leadership Institute**

A Church-Based Project in Gadsden and Leon Counties  
*Funded by the National Institute on Minority Health & Health Disparities*

## **Training Session: Take Charge of Your Health**

### **AGENDA**

**8:30** Registration, Healthy Hot Breakfast & Fellowship  
**Welcome & Spiritual Moment**

**Overview of Training Session & Housekeeping Items**  
Dr. Penny Ralston

**9:00** **Take Charge of Your Health: Increase Your Knowledge  
of Cardiovascular Disease & How to Control it**  
Dr. Cyneetha Strong-Duckworth, M.D.

**9:15** **Discussion**

**9:25** **Growing Health Knowledge & Empowerment in the Church**  
Panel Presentation

**10:00** **Discussion**

**10:15** **Other Items**

**Homework Assignments & HHU Web Portal**  
Dr. Iris Young-Clark & Mr. Gativitis Price

**Closing Spiritual Charge**

**10:30** **Adjournment**