

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: Eat Better

AGENDA

- 8:30 Registration, Healthy Hot Breakfast & Fellowship
- Welcome & Spiritual Moment**
- Overview of Training Session & Housekeeping Items**
Dr. Penny Ralston
- 9:00 **Introduction of Message, “Eat Better”**
Speaker: Dr. Catherine Coccia, Florida International University
- Application: Rotating Expert Stations**
- *Strategies for Meeting Dietary Guidelines*
Speaker: Ms. Dykibra Gaskin, Leon County Health Department
 - *Demonstrating & Taste Testing Healthy Soul Food*
Speakers: Ms. Gwen McDaniel, Bethel AME Church
 - *How Stress Influences What We Eat*
Speaker: Dr. Jackie Robinson, Bethel AME Church
& Florida A&M University
- 10:15 **Other Items**
“Homework”: Health Ministry Development
- Closing Remarks**
- 10:30 **Adjournment**