

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

8:30-10:30am

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
- 10:00** Discussion
- 10:15** Other Items

Homework Assignments
Dr. Iris Young-Clark

Closing Spiritual Charge
- 10:30** Adjournment