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 2: Eat Better
8:30-10:30am

AGENDA

8:30  Registration, Healthy Hot Breakfast & Fellowship

Spiritual Moment & Opening Prayer

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 Assignment & HHU Web Portal
Dr. Iris Young-Clark & Mr. Gativitis Price

Closing Spiritual Charge

10:30 Adjournment