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