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 3: Move Around More
8:30-10:30am

AGENDA

8:30
Registration, Healthy Hot Breakfast & Fellowship
Welcome & Spiritual Moment
Housekeeping Items
Dr. Penny Ralston

9:00
Introduction of Message, “Move Around More”
Speaker: Dr. Jennifer Lemacks, University of Southern Mississippi

Application: Rotating Expert Stations
- Let’s Move!: Individual Strategies for Increasing Physical Activity
  Mr. George A. Clark III, Temple Fitness
- Let’s Move!: Church-based Strategies for Increasing Physical Activity
  Speaker: Elder Marva & Mr. Clyde Preston, Miracle Deliverance Center #2

10:00
Other Items
Health Check Report Card
Dr. Iris Young-Clark
Brief Updates on Homework Assignment
Dr. Iris Young-Clark
Closing Spiritual Charge

10:30
Adjournment