

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 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**