

HEALTH EQUITY SUMMIT

FRIDAY, JULY 18, 2014

Target Audience:

Professionals interested in improving the health and wellness of their clientele in settings that serve individuals diagnosed with mental illness, physical or developmental disabilities, low socio-economic statuses or at risk youth.

Summit Objectives:

- Restoring physical and mental health in our clients. Understand how optimizing sleep, nutrition, physical activity and coping strategies helps to shut off the stress response.
- Communication strategies to help motivate our clients to make behavioral changes.
- Advancing prevention and health equity by working collaboratively across disciplines, cultures, and agencies.

Keynote Speakers:

Nimi Singh, MD, M.P.H., M.A.

The Role of Lifestyle in Stress, Coping and Mental Health

Vayong Moua, M.P.A.

Health in All Policies: Approaches to Advance Health Equity

Other topics include:

- Improving the Health of Our Clients
Human Service Agency Panel Discussion
- Your Clients and Diabetes

Register at

www.hesummit.eventbrite.com

by July 14th.

For questions, contact Corey at

218.299.5063 or

corey.ernst@co.clay.mn.us.



9:00 am to 3:30 pm

Registration Begins
at 8:30 a.m.

Register by
July 14th

No Registration
Cost

Lunch Included

M | STATE
OSCAR BERGOS CENTER
1900 28th Ave S
Moorhead, MN 56560

Friday, July 18, 2014
9:00 a.m. - 3:30 p.m.