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2020



FAMSTRONG20

# FAMILY MEETING VIRTUAL SERIES

OUR HEALTH  
MATTERS

SATURDAYS • 5PM  
STARTS JULY 25, 2020

REGISTER

#FamStrong20







## FAMSTRONG20 SERIES DESCRIPTION & SCHEDULE

Each week the Morehouse School of Medicine, Prevention Research Center (MSM PRC) will go live with leaders in health to discuss the topics which matter most to your family and to our communities. The 30-minute sessions will be interactive and fun for the family.

Families will be able to compete against other families by posting their weekly challenges to Instagram and Facebook. The families who complete the greatest number of activities/challenges will be entered into the TOP 5. The winning family will be selected by their social media friends, family, and fans!

**REGISTER NOW!**

<b>WELCOME:</b> Family Meeting Conversations & Overview.....	Jul. 25
<b>THE PRESENT:</b> COVID-19 Dispelling the Myths & Media Literacy.....	Aug. 1
<b>THE PAST:</b> History of Health Disparities.....	Aug. 8
<b>THE CONTEXT:</b> Racism & Health Disparities.....	Aug. 15
<b>OUR ADVOCACY:</b> The Political Determinants of Health.....	Aug. 22
<b>OUR HEARTS &amp; MINDS:</b> Mental Health & Social Isolation.....	Aug. 29
<b>OUR BODIES I:</b> Nutrition, Exercise & Drinking Water.....	Sep. 5
<b>OUR BODIES II:</b> Chronic Disease Management & Prevention.....	Sep. 12
<b>OUR PEOPLE:</b> Elders, Women, Men, Adolescent & Child Health.....	Sep. 19
<b>OUR HOMES:</b> Housing & Keeping Your Space Germ Free.....	Sep. 26
<b>OUR MONEY:</b> Financial Health, Employment & Entrepreneurship.....	Oct. 3
<b>OUR COMMUNITY:</b> Healthy Neighborhoods.....	Oct. 10
<b>CLOSING SESSION:</b> Maintaining Self-Care 5 Family Finalists Announced.....	Oct. 17

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