

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: Eat Better**

### **AGENDA**

- 8:30      Registration, Healthy Hot Breakfast & Fellowship
- Welcome & Spiritual Moment**
- Overview of Training Session & Housekeeping Items**  
Dr. Penny Ralston
- 9:00      **Introduction of Message, “Eat Better”**  
Speaker: Dr. Catherine Coccia, Florida International University
- Application: Rotating Expert Stations**
- *Strategies for Meeting Dietary Guidelines*  
Speaker: Ms. Dykibra Gaskin, Leon County Health Department
  - *Demonstrating & Taste Testing Healthy Soul Food*  
Speakers: Ms. Gwen McDaniel, Bethel AME Church
  - *How Stress Influences What We Eat*  
Speaker: Dr. Jackie Robinson, Bethel AME Church  
& Florida A&M University
- 10:15      **Other Items**  
**“Homework”:** Health Ministry Development
- Closing Remarks**
- 10:30      **Adjournment**