

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: Move Around More

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**