

SANKOFA: AFRICAN AMERICAN HEALING AND WELLNESS STRATEGIES TO ADDRESS COVID-19

Featured Presentations:

Dr. Uché Blackstock

June 13, 2020 4pm-6pm*

Dr. Joy DeGruy

June 20, 2020 4pm-6pm*

Dr. Albert Mensah

June 27, 2020 4pm-6pm*

Register At:

<https://bit.ly/3heqFGg>

*All times PDT



Dr. Uché Blackstock

The African American Steering Committee for Health and Wellness (AASCHW)

Series Description:

This three part webinar series will focus on COVID-19 and its attack on the African American community, as it relates to illness, economic hardship, and emotional trauma within families and the community-at-large. Presenters will speak to the resiliency of African Americans, their ancestry connection, faith and spirituality, the use of alternative healing tools, and non-pharmaceutical Interventions. It is believed these key aspects along with prevention measures can assist in decreasing the spread of COVID-19 within the African American population and increase healing and wellness. Each webinar presentation will provide participants with the opportunity to ask questions.

Participants Will Be Able to:

- Define alternative healing tools that can be used to decrease the spread of COVID-19.
- Describe which non-pharmaceutical interventions can be used to support their health.
- Identify the resiliency factors that African Americans/Blacks have used to survive in America for centuries.

Dr. Uché Blackstock

Dr. Blackstock is a Board-certified Emergency Medicine Physician. Advancing Health Equity's primary mission is to help close the gap of persistent healthcare inequities through speaking engagements, workshops, and consulting services on topics like Unconscious bias, Structural racism, Racial Equity Culture and Structural competency. She was featured on ABC recently talking about the racial inequities and the coronavirus.

Presentation

Dr. Blackstock's presentation will focus on medical systems of care and what Black people need to know to navigate these systems, in order to bring about change in health inequities and reverse the devastating health outcomes that affect the Black community.

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WELLNESS • RECOVERY • RESILIENCY