

CommUNITY Health Fair: Bridging Communities through Health Advocacy Itinerary

Presented by Pilipinos for Community Health and West Angeles Community Development Corporation.

Special thank you to our collaborators and community partners: Filipino American Service Group, Inc., National Alliance for Filipino Concerns, Filipino Migrant Center, Bayanihan Community Response, Latino Student Health Partnership, and the Black Pre-Health Organization.

DAY 1: SATURDAY, January 16			
Time (PDT)	Agenda Item(s)	Presenter(s)	Description(s)
10:00-10:15 AM (15 min)	Welcome	PCH Health Fairs Directors and West Angeles CDC Staff	Opening remarks from PCH Health Fairs Directors Jessica Castro, Katherine Chua, and Jamille Taccad and West Angeles CDC Staff Erica Freeman.
10:25-11:15 AM (50 min)	Keynote Speech - Seeing beyond 2020: We are Kasama	Dr. Melanie Sabado-Liwag, PhD, MPH	Keynote speech presented by Dr. Melanie Sabado-Liwag.
11:25-12:15 PM (50 min)	Promoting Filipino Family Wellness During COVID-19	Dr. Joyce Javier, MD, MPH, MS, FAAP	This workshop will share lessons learned from the Filipino Family Health Initiative (filipinofamilyhealth.com), a state-wide initiative and research study aimed at promoting the emotional well-being of Filipino youth and families. <i>For more information, email incrediblefilipinofamilies@chla.usc.edu or call/text 323-691-0529.</i>
	Immunity in Community	Charmaine Clamor, MPT, MS	Improving our immune response is vital during this pandemic. This workshop will discuss key factors on how we can improve our immune response and why being in a community while working on these goals will significantly improve likelihood of success in achieving them.
12:25-1:10 PM (45 min)	Move and Feel: a workshop to distress and connect!	Nicole Aniceto, MPH	A movement workshop that is Pilates-based to help stretch your muscles, decompress the spine, and bring more awareness within your body. This workshop is for all levels, no equipment required, but if you have some tools, like a ball, strap, pillows, or chair, they can be helpful! The exercises taught in this session can be taken with you and done at any time when you need to de-stress. Please be cautious if you have any prior injuries or conditions. See you there!
1:20-2:10PM	Addictions in a time	Myron Dean Quon, Esq.	Opioid and other drug overdoses are

(50 min)	of COVID-19		sweeping the country during COVID-19. This workshop seeks to provide the risk and protective factors that can help you make healthier choices to avoid addiction.
	Cancer: A Panel on Prevention, Advocacy and Empowerment	Pastor Rhonda Holbert, CEO of Celebrate Life Cancer Ministry and Shenazar Esmundo, MPH, CHES	The discussions in this panel will be centered on cancer prevention, advocacy, and empowerment. Pastor Rhonda Holbert will share her experiences as a breast cancer survivor and CEO of Celebrate Life Cancer Ministry, a community of cancer fighters, survivors and their supporters, while Shenazar Esmundo, MPH, CHES will share her experiences as the Filipinx Community Outreach Coordinator at Cedars-Sinai Cancer Research Center for Health Equity where outreach and engagement to address cancer disparities is emphasized.
2:20-3:10 PM (50 min)	Heart Disease in Women of Color	Dr. Donald Ware, MD, MPH	This workshop will explore Health Disparities that lead to common Heart diseases in women of color that can go undetected or misdiagnosed.
	The Basics of Stroke	Dr. Antonio Moya, MD, MPH, MS	This workshop will highlight what a stroke is, how to prevent it, and how to treat it.
3:20-3:30 PM (10 min)	Closing, Day 1	PCH Health Fairs Research Team	Closing out the first day of the CommUNITY Health Fair with PCH Health Fairs Research Team members Karen Madamba, Angeline Blancia, Annalyn Diaz, and Malia Shitabata

DAY 2: SUNDAY, January 17			
Time (PDT)	Agenda Item(s)	Presenter(s)	Description(s)
10:00-10:10 AM (10 min)	Welcome, Day 2	PCH Health Fairs Logistics Team	A brief recap of Day 1 of the CommUNITY Health Fair and overview of the Day 2 itinerary by PCH Health Fairs Logistics Team members Francesca Galasso, Janelle Magaling, Isa Rosenzweig, and Isabella Roxas.
10:20-11:10 AM (50 min)	Striving for Health Equity: A Panel on Minority Women's Health	Drs. Brittney Johnson, MD and Katrina Heyrana, MD, PhD	In this panel, OB/GYNs Dr. Brittney Johnson, MD and Dr. Katrina Heyrana, MD, PhD will focus on amplifying the voices of minority women and empowering minority women to take control of their own health. Questions will include topics such as maternal and infant mortality rates,

	Advancing Health Equity for Queer Youth and Young Adults: From Anecdote to Action	Robert Bucayu, MPH, MS4	<p>reproductive justice, and preventing pregnancy complications.</p> <p>In this workshop, we will highlight health disparities specific to youth and young adults from the LGBTQ+ community (with an emphasis on young gay, bisexual and other men who have sex with men (YMSM) and transgender youth assigned male at birth (AMAB)) utilizing both personal narrative as well as public health data. Looking at multiple levels of influence on behavior from the intrapersonal, interpersonal, and community level, we will collectively identify actionable items to support this heavily marginalized yet resilient community.</p>
11:20-11:50 AM (30 min)	Wellness Break + Chair Yoga w/ Salamat Yoga	Marco Antonio, Salamat Yoga	This light-hearted healthy intermission will revitalize virtual students by improving mobility, posture, and energy while doing gentle seated stretches in a chair. (Catered for all levels of practitioners, from beginner to advanced.)
12:00-12:50 PM (50 min)	Managing Chronic Pain	Dr. Brownell Payne, MD	Chronic Conditions common to Older Adults in communities where health disparities exist and how these conditions can be managed effectively.
1:00-1:30 PM (30 min)	Longevity Life Zone	Tye Amy, Gerontology Social Worker	5-10mins of daily activities can positively impact your mental, physical, and spiritual mindset. In this workshop we will explore ways to get you motivated to move with low impact exercises, the power of meditation, and how to map out time for a daily mental health check in.
1:40-2:10 PM (30 min)	A Simple and Delicious Vegan Meal in Minutes	Chef Korby Benoit, Vegan Chef	Chef Korby will guide participants through a quick and easy sauté that can be served with another simple side. If you'd like to go vegan in 2021, Chef Korby can show you ways to get it done!
2:20-2:30 PM (10 min)	Closing of Health Fair	PCH Health Fairs Directors and West Angeles CDC Staff	Closing of the CommUNITY Health Fair by PCH Health Fairs Directors Jessica Castro, Katherine Chua, and Jamille Taccad and West Angeles CDC Staff Erica Freeman and Dr. Belinda Allen.. Thank you for joining us at the CommUNITY Health Fair: Bridging Communities through Health Advocacy!