This week’s recommended Health and Wellness Activity:

5-Minute Breathing Exercise

The following articles may be of interest to you:

Music’s power over our brains

Why We Often Feel Lonely During the Holidays—and How to Cope

COVID-19 vaccine myths debunked

Some Vials OF COVID-19 Vaccine Contain Extra Doses, Expanding Supply, FDA Says

Health Disparities:

Latinos are especially reluctant to get flu shots – how a small clinic in Indiana found ways to overcome that

How COVID-19 is impacting people of color in every state
CALL FOR APPLICATIONS!

The Provost Early Career Cohort Fellowship Program (PECCFP) is currently accepting applications. Use the link provided directly below for more information and to apply.

http://app.econnect.utexas.edu/es.aspx

STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

Missed an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters.

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