This week’s recommended Health and Wellness Activity:

5-Minute Shoulder Pain Relief Stretches

The following articles may be of interest to you:

- Setting goals for wellness
  blog.healthadvocate.com
- How Work Friendships Can Boost Happiness; Especially Now
  thevegalocal.com
- The evidence connecting migraine and mental health
  medicalnewstoday.com
Health Disparities:

No, the Tuskegee Study Is Not the Top Reason Some Black Americans Question the COVID-19 Vaccine

England minorities: Higher COVID-19 cases, fewer vaccinated

The impact of COVID-19 on LGBTQ communities: A research roundup

The following recording may be of interest to you:

Health disparities stem from racism in medicine and society: Color of Health panel discusses inequities in health care

SAVE THE DATE
2021 Minority Fellowship Program Virtual Intensive Winter Institute
March 18-20, 2021
Theme: Leadership, Behavioral Health Policy and Professional Development.
Registration is Open!
Look for an email invite from anamfp@mclevens.com and register TODAY to reserve your virtual seat.
Questions? Email janet.jackson@ana.org

2021 Virtual IWI Confirmed Speakers

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