This week’s recommended Health and Wellness Activity:

3-Minute Mindfulness Meditation

The following articles may be of interest to you:

Women’s History Month
www.womenshistory.org

As A Black Nurse At The Pandemic’s Frontlines, I’ve Had A Close Look At America’s Racial Divisions
northjerseytoday.com

How to Feel More Connected and Less Lonely Right Now
theconversation.com

Health Disparities:

Rise in anti-Asian hate crimes may lead to mental health crisis

THE CONVERSATION: Between Us, About Us: A New Campaign By Black Health Care Workers for Black People about the COVID-19 Vaccines
www.greaterthanovoid.org
Racial and ethnic minorities, older adults underrepresented in U.S. vaccine trials over the past decade

2021 Virtual IWI Confirmed Speakers

CALL FOR APPLICATIONS!

Registration is Open!
2021 Minority Fellowship Program
Virtual Intensive Winter Institute
March 18-20, 2021
Theme: Leadership, Behavioral Policy and Professional Development.

If you haven’t received an invitation to register, send your name and email to jeanie.jackson@una.org

2021 Virtual IWI Confirmed Speakers

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

SAMHSA.GOV

The Substance Abuse and Mental Health Services Administration produces, distributes and maintains a wide range of guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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