A MEDICC Gateways Program in Cooperation with Global Links
"Cuban Healthcare & Social Services in the Current Context"
February 21-26, 2027
Draft Itinerary

Sunday, February 21

Arrival
Check-in at *Casa Italia* followed by light lunch
Orientation meeting with MEDICC
Welcome Dinner

Monday, February 22

8:30am **Community-engaged Primary Health Care in Cuba**
Visit a community multispecialty clinic and family doctor-and-nurse offices, pillars of Cuban public health. Learn from primary care providers about their daily routine and responsibilities in training professionals, health education, patient care, research, and during public health emergencies. Hear from local residents who they serve.

11:00am **Health Care in Pregnancy**
Visit a maternal home to learn about ongoing efforts to prevent maternal mortality by attending to high-risk pregnancies, as well as programs to encourage breastfeeding and other healthy practices.

12:30pm Light Lunch with Cuban Health Professionals

2:30pm **Cuban Medical Education for the World**
Meet with faculty at the Latin American School of Medicine and scholarship students there from the world over, including the USA.

7:30pm Dinner

Tuesday, February 23

9:30am **Today's Cuban Public Health System: Challenges Facing Hospital-based Care**
Visit the General Calixto García University Clinical-Surgical Hospital. View a presentation on the history of the institution, then engage in

discussion with hospital staff about current challenges and the role of humanitarian aid.

12:30pm Lunch with Cuban Health Professionals

2:00pm **PAHO/WHO and Global Links: Three Decades of Partnership**
Meet Cuban and international staff at PAHO/WHO (Pan American Health Organization/World Health Organization) in Havana. Learn about their work to benefit Cubans' health and health care across the island. Learn why these Cubans joined PAHO and how they relate to Global Links' donation program.

7:30pm Dinner followed by Live Music

Wednesday, February 24

7:30am Departure for Matanzas Province (Pittsburgh's Sister City!)

9:30am **Promotion, Prevention, Diagnosis and Treatment for Cognitive and Neurological Conditions**
Visit the Matanzas Provincial Clinic of Memory and Brain Health to engage with a multidisciplinary geriatric care team.

1:00pm Lunch with Cuban Health Professionals

3:00pm **Local Culture and Community**
Visit Paseo de Narvaez, a comprehensive program that, together with artists and other economic stakeholders, has enabled harmonious sharing of a single space: studios and workshops for local painters and sculptors, small culinary and cultural ventures, and several educational institutions.

4:30pm Return to Havana

7:30pm Dinner

Thursday, February 25

9:00am **Social Programs for Older Adults**
At the Convent of Our Lady of Bethlehem located in the heart of Old Havana, gain insights into a project that strengthens programs and social services engaging older adults and groups with special needs. Mingle with seniors at a day facility providing a home away from home for older adults. Cuba is one of the fastest aging societies in the Americas.

12:00pm Lunch with Cuban Health Professionals

2:00pm **History, Culture and Health**
Site visit to Old Havana, a UNESCO World Heritage Site and a neighborhood where families live and entrepreneurs have invested in small businesses. A look at the social determinants of health in Cuba through the eyes of people living there.

Visit San José Warehouses (Old Havana)
Engage with craftspeople here on the shore of Havana's bay, where more than 300 exhibit their work. The warehouses were completed in 1885, an example of Cuba's industrial architecture.

7:30pm Farewell Dinner with Cuban Guests

Friday, February 26

Check-out from *Casa Italia*
Return to USA