



From the Kitchen Table to the Power of the Pulpit:

A Call to Action to End the Vicious Cycle of Immobility, Joint Disease, and Obesity



Speaker

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Webinar Speaker: Carla M. Harwell, MD

Date: Tuesday, October 4th, 2016

Time: 8:00 pm Eastern

Length: 1 hour

Register Now:

<https://cc.readytalk.com/r/jxeoj5ss3kt5&eom>

Why should you attend?

Obesity has become an epidemic in the United States, and African American women are disproportionately impacted. This educational activity is for members of the National Black Nurses Association as well as for healthcare professionals involved in the treatment of African American women who are at risk for comorbidities associated with obesity and lack of mobility.

Description:

Dr. Harwell will discuss the impact of the lack of mobility on the population of the United States, especially among the African American community. She will discuss culturally appropriate strategies for change to combat the epidemic of obesity through community engagement and faith-based organizations.

Highlights:

- Discussion of how the lack of mobility is accelerating the epidemic of obesity in the United States especially among African American women.
- Components of the vicious cycle of lack of mobility, obesity, and other co-morbid conditions that disproportionately affect African American women.
- Importance of community engagement as an effective strategy to break the vicious cycle.
- The role of the church as a potential source for encouraging physical activity among members.
- Nursing practice interventions to promote positive behavior change and wellness in patients.

Accreditation Information:

State Board Approval

Pfiedler Enterprises is a provider approved by the California Board of Registered Nursing, Provider Number CEP14944, for **1.0 contact hour(s)**. Obtaining full credit for this offering depends upon attendance, regardless of circumstances, from beginning to end. Licensees must provide their license numbers for record keeping purposes.

The certificate of course completion issued at the conclusion of this course must be retained in the participant's records for at least four (4) years as proof of attendance.

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