WELCOME
Wellness Where You Are
Online Summer Series
Bay Area Community Health Advisory Council (BACHAC)

• A grass roots community health organization
• Address health disparities in diverse communities across generations
• Through awareness, education, access to resources, advocacy
• In partnership/collaboration with a diverse groups
• Supporting a culture of Innovation and inclusion
Session Purpose

- Support community with relevant information, resources & tools during this challenging time
- Address unique needs of the community
- Provide forum to address questions
- Increase awareness not a substitute for professional advice for specific situations
Housekeeping

- Appreciate your patience and flexibility as BACHAC launches into the virtual world
- BACHAC’s steps to protect privacy
- Everyone is on mute
- Write Questions to Q and A Section/Text 650-888-4065
- Session is being recorded
- Recording/Slides to be posted on BACHAC website
Meeting Agreements

• Be engaged
• Be curious and open
• Challenge ideas, not the person
• Seek to understand
• Stretch yourself
• Help us....Help you
THANK YOU!
Speaker: Dr. Kim F, Rhoads, MD, MS, MPH
BACHAC Volunteers & Members
Please complete the survey when you receive it. Your feedback MATTERS!
Heart smart Tips for Working at Home (Part 1)

Sheree Williams, Publisher of Cuisine Noir Magazine
and
Cheryl Davis, Nutrition Instructor

May 27, 2020
THANK YOU!
To learn more about BACHAC
go to www.bachac.org