

2023 Health and Wellness



Reverend Dr. R. B. Holmes, Jr. Pastor



Capital Health



An Independent Licensee of the Blue Cross and Blue Shield Association

Hosted by:

Bethel Missionary Baptist Church Mobile Medical Unit Ministry
In Association with Capital Health Plan and other Partners

Theme: “Taking Charge: My Healthcare and Mental Health is My Own”



Topics: Mental Health: Preparing Mentally (psychologically) for End-of-Life Stages:
Ending prepared, Empowered, and Resolved
Project Talk: Advanced Care Planning

Comforting Trauma Drama through Holiness, Love and a Strong Mind: Stay the Line
(For Youth)

SPEAKERS

Dr. DeAnna Burney, Licensed Psychologist
Florida A&M University Professor
Department of Psychology

Reverend Dr. Lenny Marshall, Director
Diversity, Equity and Inclusion
Big Bend Hospice

Community Partners

Big Bend AHEC
Capital Health Plan
Florida Department of Health
Florida Legal Services, Inc.
Florida State University College of Nursing
Healthy Start Coalition
Second Harvest
Sickle Cell Foundation
WellPack Pharmacy

Event:

Saturday, January 21, 2023
Bethel Family Life Center
406 N. Bronough Street
Tallahassee, FL 32301
8:30AM – 3:30PM

[Click Here to Register](https://betheltally.org)

Deadline for Pre-registration:
Friday, January 20, 2023, 12 Noon
<https://betheltally.org>

Note: Pre-registration is encouraged to accommodate lunch

**For More Information Contact:
Dr. Claudette Harrell @ (850) 222-8440**

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Big Bend AHEC Gift Card

Food Distribution

COVID 19 Vaccinations and Boosters

[WellPack Pharmacy](#)

(Pfizer, Moderna, and Johnson and Johnson)

Pediatric Vaccine for ages 5-11

[Tobacco Users](#)

Attend A Group Quit Session Sign-Up Virtually or In-person
\$50 – Single session: Tools to Quit



[Big Bend AHEC– Gift Cards](#)

- 1 – Get a COVID-19 Vaccine or Booster
- 2 – Complete a short survey
- 3 – Get paid! \$50 Gift Card

Presenting Sponsor

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