



COMMUNITY
HEALTH CARE
ASSOCIATION
of New York State

Community Care Corner

Health Center Staff Wellness Resources

**Welcome and thank you for taking the time to be here today,
you are in the right place !**

While we wait for everyone to join us, please introduce yourself in the **chat box** by sharing:

- Your name
- Your role/Health Center
- What is one thing you are grateful for at work?



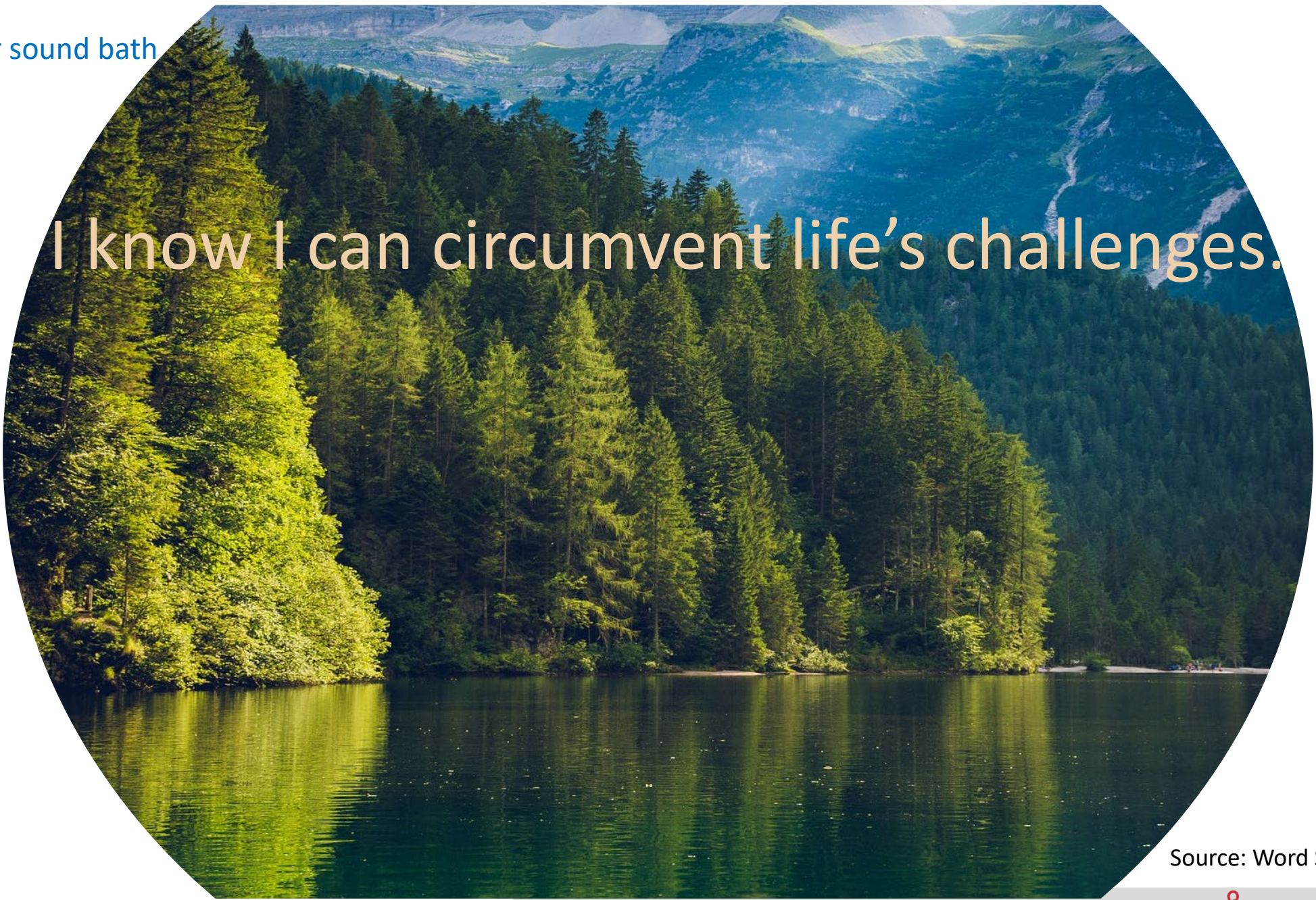


Kelly Davis, MPA, is KINSHIFT's Chief Equity Officer and racial and gender justice expert. She is grateful to have been born the descendant of Africans enslaved in the Americas. Her understanding of the impact of racism on health is informed by her life experience and extensive public health career. Prior to her current role as the Vice President of Global Birth Equity and Innovation at the National Birth Equity Collaborative, she led a series of innovative activities throughout her decade at the NYC DOHMH, including serving as one of the founding members of the Center for Health Equity and catalyzing NYC's first HIV public awareness campaign entirely focused on women.

kelly@kinshift.com



[CLICK HERE](#) for sound bath



I know I can circumvent life's challenges.

Source: Word Stock Images





Take home resources

- [Pre-Shift Affirmations For Nurses & Healthcare Workers](#) (5 minutes)
- [Three Daily Mindfulness Practices for Healthcare Workers - From Dr. Mark Bertin](#) (10 minutes)
- [Mindfulness Meditation with Dr. Aditi Nerurkar](#) (6 minutes)





Please complete the evaluation survey:

<https://forms.office.com/r/XCiWCiRnrd>

We truly value your feedback!

