

## **Program Committee**

The Program committee offered programs each month, starting January 2023. The programs included the viewing of a film on Black Maternal Health, followed by a panel discussion with health experts and the partners affected by the death of partner related to post-partum morbidity. Other programs included the annual Beach Clean Up, which focused on a healthy environment. Other programs focused on stress management, nutrition, financial health (money management, retirement and investments), and a Books and Brunch series focusing on gardening, which also leads to a health environment. There are additional programs set for the remainder of the year, September to December, which will focus on remaining healthy while working the night shift, as well as other wellness programs.