

THE SOCIAL JUSTICE MINISTRY OF FRIENDSHIP MISSIONARY BAPTIST CHURCH IN PARTNERSHIP
WITH: ANTIOCH BAPTIST CHURCH, ST. PAUL BAPTIST CHURCH AND TEMPLE BETH EL PRESENT

LOVING ME
Mind Soul Body

A MENTAL HEALTH & WELLNESS VIRTUAL SYMPOSIUM

OCT 16TH +
11:00 AM — 1:00 PM

- + THRIVING DESPITE THE UPS AND DOWNS OF MENTAL HEALTH
- + WHAT IS AFFORDABLE CARE ACT INSURANCE AND HOW TO QUALIFY?
- + UNDERSTANDING AND NAVIGATING MEDICARE
- + PHYSICAL SPACES TO REDUCE STRESSORS
- + THE EFFECTS OF COVID-19 ON MENTAL HEALTH



www.friendshipcharlotte.org
3400 BEATTIES FORD ROAD • CHARLOTTE, NC 28216
DR. CLIFFORD A. JONES, SR., SENIOR MINISTER

**VISIT BREAKOUT SESSIONS
WITH FOOD TRUCKS, BOXING**

FITNESS AND YOGA



zoom <https://bit.ly/3mXe2EU>



LIVE FMBCNC



Dr. Raynard
Washington



Dr. Larry
Jones



Dr. Robyn
Lowery



Dr. Spora
Esunju



James
Rice III



Shirley
Woods



Dr. Darlene
Ifill-Taylor



Danielle
Willis