

**WANT MORE COMMUNITY CONNECTION?**

**Join the first C3 Health Session!**

**(Connecting Communities through Conversations)**

**Topic: STRESS, YOUR BODY,**  
**AND BUILDING RESILIENCE**

**Feat. a Talk on Stress' Impact on Body & Mind from WashU's Dr. Darrell Hudson, a Facilitated Lunch Discussion from the InPower Institute, & a Resilience Workshop from an STL Community Health Worker**

**Bringing Community Health Workers, Community Members, WashU Faculty and Students, & Community Orgs together for the sake of health in STL.**

**11am-1pm, SATURDAY, JUNE 15th, 2019**

**MISSION: ST. Louis, 3108 N Grand Blvd, St. Louis, MO 63107**

**LUNCH AND CHILDCARE PROVIDED**

**A community-driven initiative from: WashU School of Medicine & Integrated Health Network Pipeline to Compassionate Care & the St. Louis Community Health Worker Coalition**