announces
The Third Installment of the
Exploring Health Equity Online Symposia Series

The Healing Power of Compassion

Thursday, February 18, 2021 | 12:00 – 1:30 p.m. EST

Building a compassionate relationship with ourselves first begins with acknowledging reality as it is. In this presentation, Dr. Broderick Sawyer will unpack the critical role of mindful attention in developing a compassionate awareness for our suffering and the suffering of others. Special attention will be paid to systemically disadvantaged populations, such as Black, Indigenous, People of Color, as well as economically oppressed individuals. Dr. Sawyer will also integrate mindfulness and compassion-based exercises which participants can continue to use after the presentation.

Join the Conversation with **Broderick Sawyer, PhD**
Clinical Psychologist and Expert in Race-Based Stress and Trauma, Diversity and Inclusion

**Moderated by Millicent Gorham, PhD (Hon), MBA, FAAN**
Movement Is Life Steering Committee
Executive Director, National Black Nurses Association

Register Today

For updates on upcoming Movement Is Life public events, webinars and livestreams, or to provide comments, please email us at events@movementislifecaucus.com.

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