

IECHI



IE-CHI virtual

HEALTH EDUCATION FORUM
Tuesday, November 5, 2024
12pm - 1:30pm

Hosted by the
Inland Empire Community Health Initiative

HEALTH & WELLNESS:

*Meditation, Strategies and Programs
to Prevent Burnout and Promote Balance*

Keynote Presenters



Bob Roth
Executive Director
David Lynch Foundation
Host, "Success without
Stress" Radio Program



Lynn Kaplan
Regional Director
David Lynch Foundation



Carolina Osorio, M.D.
Adult and Geriatric
Psychiatrist



Avni Patel, D.O.
Psychiatry
Wellness Officer
Kaiser Permanente

Panelists



**Reverend Deborah Jones,
MPA, MA**
Director of Mission Integration &
Spiritual Care Services
San Bernardino
Community Hospital



Zachary Ginder, PsyD, MSW
Executive Director
Inland Empire Autism
Assessment Center
of Excellence

MUST REGISTER IN ADVANCE:

[https://us02web.zoom.us/meeting/register/
tZwsde6qqTsuH9C8YZ7jwKMuF-63kYC4J2uh](https://us02web.zoom.us/meeting/register/tZwsde6qqTsuH9C8YZ7jwKMuF-63kYC4J2uh)

Or visit: www.sbcms.org/events