HEALTH FOR A CHANGE

Kentucky Inspired: Bringing Justice Back to Our Bodies (4 of 8)

November 27, 2020
To address the unmet health needs of Kentuckians
by... 

- Developing and influencing policy
- Improving access to care
- Reducing health risks and disparities
- Promoting health equity

And VALUES... 

- Integrity 
- Respect 
- Effectiveness 
- Leadership 
- Collaboration 
- Policy Equity
LEARN MORE ABOUT THE COUNCIL

Community Advisory Council Role and Nominations Process

The role of the Council is to provide the Foundation Board of Directors with advice and recommendations regarding overall policy and strategic direction and adherence to the mission and to serve as a liaison with communities in Kentucky. Read more about the Council functions, size and composition, appointments and terms in the Council Charter.

Members of the Council are residents of the Commonwealth who are committed to addressing the unmet health needs of the people of Kentucky and who have expressed an interest and willingness to engage individually and as a group in activities to advance the Foundation’s charitable mission. Read more about the expectations for individual Council members.

Foundation Bylaws call for the Council "to maintain a diverse membership... with broad community and consumer representation and ensuring careful consideration to ethnic, gender, geographic and racial balance." The Commonwealth comprises thousands of communities, each unique in its culture, social norms, social capital, opportunities and challenges. The Foundation is intentional in its efforts to continually expand the inclusiveness and diversity of its Council as we engage with communities across the state.

Nominations are accepted on an ongoing basis and will be considered by the Nominations and Governance Committee at their quarterly meetings. The Nominations and Governance Committee will review nominations in the context of the overall Council membership profile, with a priority on appointing new Council members who bring diversity to the Council. Underrepresented areas on the Council currently include:
Howard L. Bost Memorial Health Policy Forum Webinar Series

Moving Kids Towards Natural Highs: Kentucky Opportunities to Prevent Youth Substance Use, Suicide and Risky Behavior

Understanding Youth and Building Good Mental Health

Monday, December 14, 2020
2:00 to 3:00 p.m. ET

Register here: https://bit.ly/35c8AVI
www.healthy-ky.org/events/health-for-a-change
CONTACT

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BRINGING JUSTICE BACK TO OUR BODIES

BREATH, BEAT, BRAIN, BODY
YOU AS THE PRIMARY SUBJECT

BRAIN
BEAT
BREATH
BODY
THIS MOMENT,
RIGHT NOW,
IS EVERYTHING
LETS PRACTICE

AIR
GRATITUDE
BREATH

HEALING
HEART
BREATH

TENDER
EMOTION
HEART
SPEAK
E-motions, Stress, and Trauma Get Locked/Blocked In the Body & Impact the Heart
Our emotions (and thoughts) show up in the breath, our beat and the body ... 

Its all energy
Where there is movement there is no pain. Where there is pain there is no movement.

We can move emotions (energy)
ALL pain is blocked energy
Chi/Qi
Prana
Ki
Reiki
ENERGY AWARENESS EXERCISES

HAND TO HEART TO EARTH
EXPANSION & CONTRACTION
HAND TO HEART HAND TO CHEEK
YES TO THE BREATH!

(AFTER EACH STATEMENT - YES)

- The breath can be a powerful medicine
- Each inhale provides us with a new energy, each exhale releases old stale energy
- Our ancestors knew the breath as a force, a medicine, and a mechanism through which they could gain almost superhuman power
- many modern maladies like asthma, anxiety, ADHD, psoriasis and more could be reduced or reversed simply by changing the way we Inhale and exhale
- breathing in different patterns really can change the way we inhale and exhale
- how we breathe really does affect the size and function of our lungs
- breathing allows us to hack into our nervous system, control our Immune response and restore our health
- changing how we breath will help us live longer
LET'S PRACTICE
RELEASING
EMOTIONS
FROM OUR
BODIES
Bottom up
Therapy

PANIC/ANXIETY = - TREE POSE

ANGER - TWIST (STANDING OR SEATED)

JOY/LOVE - BREATH HUG

SHAME - BACK BREATHING/ WALK TO NOWHERE

SADNESS/GRIEF - TOGETHER BREATH

YOGIC SQUAT
I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE
Active & internal process that includes investigating ones attitudes, memories and beliefs with the desire to release all negative patterns/rhythms that prevent a full emotional and spiritual self.
WE ALL CAME HERE AS LOVE
SOME OF US ARE JUST HAVING A TEMPORARY DEVIATION FROM LOVES PERFECTION
CRE DYE YOGA & HEALING

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FACEBOOK: CRE DYE WELLNESS AND YOGA
YOUNG LIVING: HTTPS://OILWITH.ME/CRE-DYE

STAY IN TOUCH
FOR QUESTIONS AND FEEDBACK