

Public Health in Action: Addressing Stress, Equity, and Solutions

In this course, participants will explore the social determinants of health, the physiological mechanisms of stress, and the effects of stress on health and well-being. They will also examine stress- and health-related theoretical frameworks. Through this course, participants will gain an understanding of the factors that influence health and engage in discussions on the importance of equitably promoting health and well-being across populations.



[Click here to view promo video.](#)

YOUR INSTRUCTOR: Faith Ogungbe



Faith Ogungbe is a doctoral candidate in Public Health at the University of Wisconsin-Milwaukee. She earned bachelor's and master's degrees from Northwestern University in anthropology and biotechnology. Ogungbe is deeply committed to health equity and passionate about addressing issues that promote the overall health and well-being of all individuals. Her research interests include maternal and child health, and female reproductive health.

WEDNESDAYS, OCTOBER 15 THROUGH NOVEMBER 19

3pm AK | 4pm PT | 5pm MT | 6pm CT | 7pm ET

Each live session is 90 minutes

To register, please contact your local Osher Institute.

- Wednesday, October 15
- Wednesday, October 22
- Wednesday, October 29
- Wednesday, October 15
- Wednesday, October 22
- Wednesday, October 29
- Wednesday, November 5
- Wednesday, November 12
- Wednesday, November 19
- Wednesday, November 5
- Wednesday, November 12
- Wednesday, November 19

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