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Spring 2021 Community Conversation!

It's all in your head? Research & Practice to Improve Mental Health w/ Dr. Maka Tsulukidze



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Charlotte County, Fla.— The Florida Department of Health in Charlotte County (DOH-Charlotte) is pleased to announce their first bi-annual Community Conversation for Spring 2021 in partnership with Florida Gulf Coast University (FGCU), Department of Health Sciences at the Marieb College of Health & Human Services.

According to Dr. Pepe, Health Administrator, “Mental health is a key component to overall wellness. As we continue to mitigate the effects of COVID-19, mental health must be a part of that recovery effort. This series is a collaboration between the Health Department and partners to facilitate these conversations more frequently to improve services to our community.”

Community Conversations is a health series by the Florida Department of Health in Charlotte County that will invite various public health experts to discuss current health topics and trends most relevant to you, Charlotte County residents. Each Community Conversation will have a Q&A portion for you to ask our featured health expert some of the most pressing questions you have always wanted to know more about.

This May, our first Community Conversation is pleased to welcome Dr. Maka Tsulukidze, MD, PhD, MPH, Assistant Professor at the Florida Gulf Coast University (FGCU) in the Department of Health Sciences, Marieb College of Health & Human Services. Dr. Tsulukidze will discuss current mental health trends and provide practical research-based strategies that we can all take to improve our daily mental health, especially in this time of COVID.

Free and open to all! Please join us Wednesday, May 5, 2021 from 2:00PM-3:00PM for this virtual conversation.

To register, please go to: <https://www.surveymonkey.com/r/CCSpr21>.

For any questions about this event, email HealthyCharlotte@flhealth.gov.

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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, please visit www.FloridaHealth.gov.