



At the Heart of Everything: Your Best Health

Improve your health and well-being!

Having good health leads to a better life. Do you want to learn how to take better care of yourself?

If so, join us for ***At the Heart of Everything: Your Best Health*** presented by the Helene Fuld Health Trust National Institute for Evidence-based Practice (EBP) in Nursing and Healthcare **Community Core** at the 2023 EBP National Summit.

Wednesday, May 23, 2023 | 10 a.m. to 3 p.m. (lunch included)

Registration opens at 9:30 a.m.

Hyatt Regency Columbus

350 N. High Street, Columbus, OH 43215

Cost: \$95 (Note: Financial assistance may be available)

Why should I attend?

- To learn practical tips for better health and wellness.



For more information about this event, please visit go.osu.edu/fuldsummitagenda or scan the QR code with your mobile phone camera to register.

To learn more about the Community Core, please visit go.osu.edu/fuldcommunitycore.

Experts will discuss:

- Health literacy and why it matters
- How to make the most of your healthcare visits
- The role of Community Health Workers (CHWs)
- Health translation services
- Ways to increase your mental resilience