September 3, 2024

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities with your stakeholders and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to lhic@howardcountymd.gov.

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**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* The next Full HCLHIC meeting is October 17 from 9:00am to 11:00am. [Link](https://event.on24.com/wcc/r/4639807/176BD634F4A67E254AA1D6E0191B7AB4?aff=oddtdtcreator).
* Howard County will Celebrate Walktober in October. [Link](https://www.immh.org/event/fb0a2399-b900-4974-808d-585e2a35c5e2/websitePage%3Ac63f4749-fa71-48d3-badb-2da1895fed90).
* STOP THE BLEED training to be administered to Howard County Public School health and P.E. teachers. [Link](https://www.youtube.com/watch?v=PBD02EUH4kw).
* Howard County celebrates Business Appreciation Week October 7 – 11. [Link](https://register.gotowebinar.com/rt/8475161412367764063?aff=oddtdtcreator).
* Find free or reduced cost movement and exercise programs on the HCLHIC Physical Activity webpage. [Link](https://www.hclhic.org/healthy/physical-activity).
* Howard County to celebrate National Suicide Prevention Month in September. [Link](https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?story_fbid=872362837594561&id=100044625570397#:~:text=September%20marks%20National%20Suicide%20Prevention,impactful%20issue%20in%20our%20community.).
* The Community Ambassador Meet & Greet will be hosted on September 4 at 6:00pm. [Link](https://www.howardcountymd.gov/walktober).
* Howard County Executive Calvin Ball Opens New Boys & Girls Club in Innovative Partnership with Howard Community College. [Link](https://www.youtube.com/watch?v=3a7w4zSlmYE&feature=youtu.be).

**FUNDING OPPORTUNITIES**

**Title: HEAL Initiative: Development of Therapies and Technologies Directed at Enhanced Pain Management (R41/R42 Clinical Trial Not Allowed)**

**Description:** Grant from the National Institutes of Health (NIH) to speed scientific solutions to stem the national opioid public health crisis by supporting the development of therapies and technologies directed at enhanced pain management through the Small Business Technology Transfer program.

**Applications Deadline:** Wednesday**,** September 4, 2024. [Apply](https://www.rlgcommunityfoundationhelp.org/event-details/monthlyfresh-produce-11?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery)

**Title: Implementing and Sustaining Evidence-Based Mental Health Practices in Low-Resource Settings to Achieve Equity in Outcomes (R34 Clinical Trial Required)**

**Description:** Challenge grant from NIH supports pilot work for subsequent studies testing the effectiveness of strategies to deliver evidence-based mental health services, treatment interventions and/or preventive interventions in low-resource mental health specialty and non-specialty settings within the U.S.

**Applications Deadline:** Saturday**,** September 7, 2024. [Apply](https://www.grants.gov/search-results-detail/345394?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery)

**Title: Cooperative Agreements for Certified Community Behavioral Health Clinic Planning Grants**

**Description:** The purpose of this program is to support states in developing and implementing certification systems for Certified Community Behavioral Health Clinics (CCBHCs), establish Prospective Payment Systems for Medicaid reimbursable behavioral health services, and prepare an application to participate in a four-year CCBHC Demonstration program.

**Applications Deadline:** September 12, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/sm-25-001?utm_source=SAMHSA&utm_campaign=2b1d68fd62-EMAIL_CAMPAIGN_2024_07_29_06_30&utm_medium=email&utm_term=0_-2b1d68fd62-%5BLIST_EMAIL_ID%5D)

**Title: United Way Food Resiliency Grant**

**Description:** United Way of Central Maryland is seeking qualified applicants for the 2025 - 2026 Food Resiliency Grant to address significant challenges related to food access, equity, and sustainability. This two-year grant will run from January 1, 2025 to December 31, 2026. Applications must be submitted through our online grant application portal, CommunityForce by Thursday, September 12, 2024, 4:00 p.m.

**Applications Deadline:** Thursday, September 12, 2024. [Apply](https://www.eventbrite.com/e/howard-county-business-appreciation-week-2024-registration-936580436297)

**Title: Women’s Health Research**

**Description:** In alignment with the White House Initiative on Women’s Health Research, the Office of Research on Women's Health has released a new NOSI to highlight interest in receiving research applications focused on diseases and health conditions that predominantly affect women (e.g., autoimmune diseases; depressive disorders, Alzheimer’s disease (AD) and Alzheimer’s disease-related dementias (ADRD), gender-based-violence), present and progress differently in women (e.g., cardiovascular disease; HIV; reproductive aging and its implications), or are female-specific (e.g., uterine fibroids; endometriosis; menopause).

**Applications Deadline:** Submission dates vary by awarding NIH Institute or Center Contacts. [Apply](https://stillbornandinfantlosssupport.flipcause.com/secure/cause_pdetails/MjEwMzM1)

**Title: 2025 HBI Road Map Strategist RFA**

**Description:** Become part of a select group of change agents from across the nation working to address dementia using a public health approach. Hosted in collaboration with NACCHO, the year-long Road Map Strategists program provides 10 LHDs funding of up to $48,000 each - along with education, peer support and technical assistance - to develop expertise on dementia and implement strategies to address dementia in their communities. Applications are due September 26, 2024

**Applications Deadline:** September 26, 2024. [Apply](https://m.facebook.com/story.php/)

**Title: Horizon Foundation Organizing and Advocacy Grant Opportunity**

**Description:** Grantees will be awarded up to $100,000. Grantees may receive funding for up to 2 years. Funding will support organizations to co-create solutions focused on three initial housing priorities: expanding renter protections, sustaining homeownership and strengthening systems to advance housing justice. Strategies/Activities could include tenant organizing, policy change, power building and community engagement. Grantees will be expected to collaborate with the Foundation and fellow grantees in a co-creation process that will begin January 2025.

**Applications Deadline:** October 8, 2024. [Apply](https://us06web.zoom.us/meeting/register/tZEqcO2grzMvHtDCct4Zu1QwSWecLEPckUk2#/registration)

**Title: Housing Service Provider Workgroup Grant Opportunity**

**Description:** Grantees will be awarded up to $10,000 to participate in a workgroup. that will identify prevention strategies to address housing insecurity, explore ways to strengthen service coordination and make policy recommendations to support systems change. Grantees will be expected to select 1 – 2 representatives to attend 6 bimonthly meetings from January – December 2025.

**Applications Deadline:** October 8, 2024. [Apply](https://us06web.zoom.us/meeting/register/tZEqcO2grzMvHtDCct4Zu1QwSWecLEPckUk2#/registration)

**EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES AND SUPPORT PROGRAMS**

***Events below may not be hosted or provided by HCLHIC. If you have any questions about***

***these events, please contact the event organizers directly.***

**HEALTHY BEGINNINGS**

**Title: Owen Brown Community Event**

**Description:** Join in the community fun for the 2024 school year readiness. Come and enjoy Entertainment, Music, School Supply Vendors, Fun Games and much more on September 14, 2024 from 3pm to 7pm for an exciting community event!

**Date/Time:** September 14, 2024 from 3pm to 7pm.

Register contact Travis Hamiliton 443-864-0702

**Title: Your Oral Health and Healthy Aging**

**Description**: Join in this informative and interactive webinar on Thursday, September 26, 12pm to 12:30, a United Concordia Dental oral wellness consultant will reveal the connection between oral health and healthy aging. Insightful dental care tips and practical home care strategies will be shared so that you'll always have a reason to smile!

**Date/Time:** September 26, 2024, Thursday 12pm to 12:30pm

Register using the [link](https://uwcm.org/grants-funding-opportunities/?_x_zm_rtaid=dYS6a2iaSc2TUo2hGP6kJQ.1724962737897.ae75d16f18b514bd07bd073c9ae5cef6&_x_zm_rhtaid=976#/registration).

**Title: SAILS inaugural Celebration Gala**

**Description**: Join SAILS as they come together to uplift, support, and remember on November 22, 2024, 6pm to 10pm. A heartfelt gathering dedicated to supporting families navigating the difficult journey of the loss of a baby.

**Date/Time:** November 22, 2024, 6pm to 10pm.

Register using the [link](https://register.gotowebinar.com/rt/8475161412367764063).

**Title: Sensory-Friendly Sunday (ALL Ages)**

**Description**: These events are designed for families with kids, teens, and adults with sensory-processing differences, autism spectrum disorder, or developmental disabilities. Robinson Nature Center exhibits, trails and outdoor play area open early. Enjoy self-paced activities including sensory bins and pathways, scavenger hunts, crafts, and games. Planetarium is open between 11am and noon. Preregistration is recommended

**Date/Time:** September 8, 2024, 10:30am-12pm.

Register using the [link](These%20events%20are%20designed%20for%20families%20with%20kids%2C%20teens%2C%20and%20adults%20with%20sensory-processing%20differences%2C%20autism%20spectrum%20disorder%2C%20or%20developmental%20disabilities.%20Robinson%20Nature%20Center%20exhibits%2C%20trails%20and%20outdoor%20play%20area%20open%20early.%20Enjoy%20self-paced%20activities%20including%20sensory%20bins%20and%20pathways%2C%20scavenger%20hunts%2C%20crafts%2C%20and%20games.%20Planetarium%20is%20open%20between%2011am%20%20and%20noon.%20Preregistration%20is%20recommended).

**Title: Family Options: Young Moms Support Group**

**Description**: Meet other moms age 19 and younger with children under 2 to gain resources and supports, explore our child development room and learn parent techniques and skills! Take home a Roving Radish meal kit at each session!

**Date/Time:** Thursday September 12, 2024, 3:30-4:30pm.

Register using the [link](https://pubmed.ncbi.nlm.nih.gov/39109148/).

**Title: Discipline and Communication in the Elementary Years**

**Description**: Moving into the school year and getting into the swing of new expectations can lead to a lot of strong emotions and conflict in the household for the entire family. Discipline is about teaching and skill building –not punishment. Join Howard County Office of Children and Families on Monday September 16, 2024, 12:30pm and learn to develop strategies to proactively prevent meltdowns by preparing your home and routine to encourage success.

**Date/Time:** Monday September 16, 2024, 12:30pm.

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143043?onlineSiteId=0&from_original_cui=true).

**Title: The Power of Partnering with Your Childcare Provider**

**Description**: A parent’s involvement in their child's development plays a crucial role in their personal growth and lifelong success. Join Howard County Office of Children and Families to explore the importance of building strong partnerships with your child's program and offer strategies to enhance communication, proactively navigate challenges and engage with teachers and providers.

**Date/Time:** Tuesday September 24, 2024, 7:00 virtual workshop.

Register using the [link](https://www.naccho.org/uploads/downloadable-resources/2025-HBI-Road-Map-Strategist-RFA.pdf?onlineSiteId=0&from_original_cui=true).

**HEALTHY LIVING**

**Title: Sensory-Friendly Sunday**

**Description:** These events are designed for families with kids, teens, and adults with sensory-processing differences, autism spectrum disorder, or developmental disabilities. Robinson Nature Center exhibits, trails and outdoor play area open early. Enjoy self-paced activities including sensory bins and pathways, scavenger hunts, crafts, or planetarium movies. Preregistration recommended.

**Date/Time:** Sunday**,** September 8, 2024, 10:30am – 12:00pm

Register using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/142739?onlineSiteId=0&from_original_cui=true).

**Title: Taking Action for Health Equity**

**Description**: Learn about health disparities by race in Howard County with the Horizon Foundation, then enjoy presentations and conversations with local organizations working for health equity. Hear about ways to get involved for change.

**Date/Time:** Thursday September 9, 2024, 7:00 to 8:30pm

Register using the [link](https://howardcountymd.sharepoint.com/sites/HealthDepartment-PCA-CommunityEngagement/Shared%20Documents/LHIC%20Files/LHIC%20WORKGROUPS/HCLHIC%20Workgroup%20Email/2024/September%203%2C%202024/These%20events%20are%20designed%20for%20families%20with%20kids%2C%20teens%2C%20and%20adults%20with%20sensory-processing%20differences%2C%20autism%20spectrum%20disorder%2C%20or%20developmental%20disabilities.%20Robinson%20Nature%20Center%20exhibits%2C%20trails%20and%20outdoor%20play%20area%20open%20early.%20Enjoy%20self-paced%20activities%20including%20sensory%20bins%20and%20pathways%2C%20scavenger%20hunts%2C%20crafts%2C%20and%20games.%20Planetarium%20is%20open%20between%2011am%20%20and%20noon.%20Preregistration%20is).

**Title: Yoga for Teens**

**Description:** This seven-week yoga program helps young people, ages 12 to 17, improve their mental health by promoting physical, mental and spiritual well-being in an inclusive way. Through yoga, teens learn to control their thoughts and emotions, improve focus and strengthen their bodies. The program teaches participants to manifest positive qualities and gain control over their lives, supporting both teens and their parents in fostering happy, healthy lives.

**Date/Time:** Thursdays, September 12, 2024, 6:15pm - 7:15pm

Register using the[link](https://highmarkhealth.zoom.us/meeting/register/tJAoc-CtrzotHtGEangENWYXXvqiT-QOXC1j?onlineSiteId=0&from_original_cui=true).

**Title: Public Meeting to Discuss Extension of Montgomery County’s Flash Bus Rapid Transit Service Extension to Howard County**

**Description:** In preparation for Montgomery County's Flash Bus Rapid Transit Service extension to Howard County in 2026, a public meeting will be held on Monday, September 23rd to discuss the project’s preliminary design. The meeting will take place from 4:00 p.m. to 7:00 p.m. at the Johns Hopkins University’s Applied Physics Lab’s Kossiakoff Center located at 11100 Johns Hopkins Rd in Laurel. While there will be no formal presentation, the design plans will be available for public viewing, and staff members will be on hand to explain the proposed work, answer any questions, and gather public comments.

**Date/Time:** Monday**,** September 23, 2024, 4:00pm – 7:00pm

More information can be found [here](https://www.howardcountymd.gov/transportation/public-transportation/Flash).

**Title: Health and Wellness Fair**

**Description:** Mark your calendars and join HCEDA on Wednesday, September 25th for its free Health and Wellness Fair. Hosted in collaboration with Princess Akeema Holistic Care and Revive Trinity, this vibrant celebration of health and wellness showcases small and local businesses passionate about promoting a healthy lifestyle and fostering a sense of community.

**Date/Time:** Wednesday**,** September 25, 2024, 9:00am – 2:00pm

Register using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143109?aff=oddtdtcreator).

**Title: Trail Trekkers - Hiking Crew**

**Description:** Get out in nature with a series of four hikes across the county. Individuals using wheelchairs are welcome. We provide All Terrain- GRIT Freedom Chair wheelchairs that can be self-propelled or assisted by our team; Trekking poles; and grit chairs!

**Date/Time:** Wednesday**,** September 25, 2024, 2:00pm – 4:00pm

Register using the[link](https://bit.ly/4dKSmTv?onlineSiteId=0&from_original_cui=true).

**Title: Maryland Access Point 101**

**Description**: The Maryland Department of Aging's Maryland Access Point (MAP) is a gateway to long term services and support in Maryland. Hear from a MAP specialist about how to access private and public long-term care support such as financial aid, senior community centers and clubs, nutritious meals, pharmacy assistance, housing, volunteer opportunities, and more. All MAP services are free. Mark your Calendar and join in on Monday September 30, 11:45am to 12:30pm.

**Date/Time:** Monday September 30, 11:45am to 12:30pm

Register using the [link](https://grants.nih.gov/grants/guide/notice-files/NOT-OD-24-079.html?authuser=0).

**Title: Every Step Counts Autism Walk & 5k Run**

**Description:** Each year, the Autism Society of Maryland's Every Step Counts Autism Walk & 5K Run brings together those touched by Autism and members of the broader community in a supportive, energizing, fun environment. Join us! Together we are #AutismStrongMD. The goal is to raise $120,000 toward programs and services for the local Autism community that is more than 8,000 strong

**Date/Time:** Saturday, October 5, 2024, 10:00am - 12:00pm

Register using the[link](https://www.grants.gov/search-results-detail/343551?rsus=200-500-5205a769-2727-4d03-8d04-46d9e3fbd206).

**HEALTHY MINDS**

**Title: Howard County Out of the Darkness Walk**

**Description**: Join on September 21, 2024 9am for the annual Howard County Out of the Darkness Walk to raise awareness for mental health and suicide prevention. Funds raised will benefit the American Foundation for Suicide Prevention and its Maryland Chapter.

**Date/Time:** Saturday September 21, 2024, 9am.

Register using the [link](https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=10381).

**Title: Exec-to-Exec Forum: Evolving Minds Introduction**

**Description**: Join on September 12, 2024 for a demo of the training developed by Evolving Minds to promote workplace wellness, which has shown it can reduce burnout and help retain and attract staff – issues that all nonprofits experience.

**Date/Time:** September 12, 2024 9am to 10:30am.

Register using the [link](https://howardcounty.librarycalendar.com/event/taking-action-health-equity-online).

**Title: 2024 Mental Health Services**

**Description**: Join on September 12, 2024 for a demo of the training developed by Evolving Minds to promote workplace wellness, which has shown it can reduce burnout and help retain and attract staff – issues that all nonprofits experience.

**Date/Time:** September 12, 2024 9am to 10:30am.

Register using the [link](https://www.howardcountymd.gov/children-families/family-support-center).

**Title: Doodling by Design**

**Description**: Several studies indicate doodling offers both physical and mental health benefits. It increases blood flow to the brain, especially in the prefrontal cortex, which regulates higher functions such as thoughts, feelings, and actions. Join in the fun and enjoy this socializing event on September 3– 24 1-2:30 pm

**Date/Time:** September 3– 24 1-2:30 pm.

Register using the [link](https://meet.google.com/kwi-tpsp-qhw?onlineSiteId=0&from_original_cui=true&online=true).

**Title: Mindful Mosaics: Mindfulness Painting**

**Description**: join Mindful Mosaic first event, Mindfulness Painting, a student-led initiative in Howard County dedicated to spreading awareness about mental health in teens. The event will be held in the Belmont Room on October 19, 2024 1pm – 2pm.

**Date/Time:** October 19, 2024 1pm – 2pm.

Register using the [link](https://www.eventbrite.com/e/health-wellness-fair-tickets-934508137997).

**Title: Neurobiology of Substance Use Disorders**

**Description**: In this presentation we will focus on the brain circuitry part of this definition. We will explore brain development, the neural changes that occur in response to drug and alcohol use, and how those changes impact a person’s behavior. As we understand more about the behavioral changes seen in people with substance use disorders we will also discuss ways to use this knowledge to approach engaging people in recovery.

**Date/Time:** Tuesday, September 10, 2024, 10:30am – 12:00pm

Register using the [link](https://help.recoverycentersofamerica.com/CEU2024-09-10NeurobiologyofSubstanceUseDisorders_registration.html?mkt_tok=OTU2LUREUC02MTEAAAGU5aj4JYqNiFZkqhWb323kM8683Ibq0RLb4c5s2ppD17dtiDNq9Okm3UM5ojsyu3lqKzaYy2v2j_oHzW8nG7UYIr7VgESu_UTIcXJ3gGS5EAH5TQ).

**Title: The Thriving Warrior: Supporting the Mental Health Needs of Individuals Living with Sickle Cell Disease – Webinar**

**Description:** NAMI Maryland’s 42nd Annual Conference will be held virtually on October 4th and 5th, 2024! This year’s conference will bring together experts, advocates, and individuals passionate about mental health. Together, we’ll delve into crucial topics, foster insightful conversations, and work towards improving the lives of those affected by mental illness.

**Date/Time:** October 4 – 5, 2024

Register using the [link](https://www.acshoco.org/events/acs-events/).

 **OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES**

**Healthy Beginnings**

* Kaiser Permanente is hosting a Caring for Loved Ones webinar September 5. [Link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/141761)
* Kaiser Permanente is hosting a Owning Your Time as a Caregiver webinar September 12. [Link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/140794)
* The Maryland Family Network is hosting a Responsive Training Sympodium September 9. [Link](https://register.gotowebinar.com/rt/8475161412367764063)
* Child Welfare is hosting What Parents Say about Changing Mandated Reporting webinar on September 12. [Link](https://www.acshoco.org/events/acs-events/)
* Register for The Family Services Conference and Resource Summit in Baltimore. [Link](https://allevents.in/baltimore/the-family-services-conference-and-resource-summit/10000658798392727?ref=eventlist-cat)
* Howard County Office of Children & Families is offering the Basic Insights program for parents. [**Link**](https://runsignup.com/Race/Info/MD/EllicottCity/EveryStepCountsAutismWalk5K)**.**
* HCPSS is offering “What Your Child Will Learn” Guides. [**Link**](https://event.on24.com/wcc/r/4639798/BC9DD617EDFBF27630BFFBD7511C415D)**.**
* Department of Community Resources & Services is distributing free Chromebooks to income-eligible Howard County Residents. [**Link**](https://events.zoom.us/ev/AhZmHer3lhwxvC5eNWHkgxTNqb0Jcbp12Rh3LC7hQNjdmk1Clsz7~AiwDsYNH2OxUb3EZUv3nJt_LnKDX--2_g8vCvzA58w4Nc72iCvPaNb5ndA?onlineSiteId=0&from_original_cui=true)**.**
* School knowledge of infectious diseases in schools article. [Link](https://event.on24.com/wcc/r/4639785/58DBA31991AD5B6FBBF3E9D1051E93A1).
* Rising suicide rates among preteens points to urgent need for interventions article. [**Link**](https://www.deseret.com/family/2024/07/31/preteen-suicide-rate-increase-young-girls-minorities/?utm_medium=email&utm_source=govdelivery)**.**
* AI-Powered Device Estimated Gestational Age as Accurately as Sonographers article. [**Link**](https://howardcounty.librarycalendar.com/event/mindful-painting-262735?xid=nl_mpt_DHE_2024-08-02&mh=f80893805c96b03be10da3d9b0486440&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202024-08-02&utm_term=NL_Daily_DHE_dual-gmail-definition)**.**
* Targeted Agent Promising for Life-threatening Fetal Condition article. [**Link**](https://www.childwelfare.gov/stay-connected/events/september-2024-strengthening-families-webinar-what-parents-say-about-changing/?xid=nl_mpt_DHE_2024-08-07&mh=f80893805c96b03be10da3d9b0486440&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202024-08-07&utm_term=NL_Daily_DHE_dual-gmail-definition)**.**

**Healthy Living**

* Healthy People 2030: Empowering Diabetes Prevention, Treatment, and Management webinar on September 25 at 11:00am. [**Link**](https://norc.zoom.us/webinar/register/WN_BBayktQySMu6_TLtHCJaTg?source=govdelivery&utm_medium=email&utm_source=govdelivery#/registration)**.**
* The Boys and Girls Club of Metropolitan Baltimore is recruiting for the The Club in Howard Community College. [Link](https://partners.mybliss.ai/basics-insights/HCOOCAF1692).
* Registration for the 2024 Safe Routes to School National Conference is open. [**Link**](https://web.cvent.com/event/25fffaa0-4df9-41de-b00f-021558eea253/websitePage%3Ade3c8a65-4734-48fe-9e3b-0c0ed28efe12).
* Recreation & Parks 2024 Fall Activity Guide is available online. [**Link**](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/141687).
* Registration for the American Public Health Association Annual Meeting & Expo is open. [Link](https://www.medpagetoday.com/pediatrics/generalpediatrics/111412?utm_source=Informz&utm_medium=email&utm_campaign=APHA%20Website&_zs=cfnSe&_zl=d0m94).
* Advancing Health Equity in Diabetes: Tools to Help Remove Barriers to Health article. [**Link**](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/138856)**.**
* Rachell L. Gray Community Foundation will continue their Fresh Produce initiative on September 9. [**Link**](https://www.medpagetoday.com/obgyn/pregnancy/111358)**.**

**Healthy Minds**

* Finding Joy in Your Work with Daily Practice for Love and Happiness Webinar on September 9. [link](https://register.gotowebinar.com/rt/8475161412367764063).
* Live A Happy Life with Growing Happiness in the Mind Meditation Webinar on September 16. [Link](https://www.howardcountymd.gov/recreation-parks/resource/2024-fall-activity-guide)
* Happy Habits with Breaking Bad Habits Meditation Webinar on September 23. [Link](https://mch-metrobaltimore.my.site.com/portal/s/membership)
* Upgrade Your Mindset with Positive Thinking Meditation Webinar on September 39. [Link](https://www.hcpss.org/academics/what-your-child-will-learn-guides/)
* Kaiser Permanente is hosting A Mindful Approach to Caregiving webinar on September 26. [Link](https://www.marylandfamilynetwork.org/calendar-of-events)
* Register for the Integrative Medicine for Mental Health 2024 Conference. [Link](https://www.apha.org/Events-and-Meetings/Annual/)
* Register for the 2024 Mental Health Services Conference. [Link](https://mdpsych.org/meetings/2024-mental-health-services-conference/)