

Wellbeing Waterloo Region

Capacity Building Series: Enhance skills; Shape direction

Improving Community Wellbeing: Using a health Equity Lens

Workshop description:

This workshop will focus on the relationship between the factors that determine health (both positive and negative) and strategies to improve the health of residents in Waterloo Region. The goal of the workshop is to inform decisions and actions when developing a community wellbeing strategy.



Bios:



Samiya Abdi is a Health Promotion Consultant with Public Health Ontario. Samiya has 12 years' experience in program development, management and evaluation working within non-profit, corporate and government sectors. Samiya's practice is grounded in challenging multiple and intersecting forms of oppression; understanding marginalization in knowledge production, research and practice; and building equitable relationships.



Kim Bergeron is also a Health Promotion Consultant with Public Health Ontario. Kim has over 20 years of experience facilitating multidisciplinary partnerships to create healthy, sustainable communities. Kim works towards policy change, program development, and improving standards of practice to address health inequities.