

# **NANAY Holds 2022 Health Symposium**

December 4, 2022  
North Miami, Florida

On December 3, 2022, 40 members of the community attended NANAY's 2022 Health Symposium at the NANAY Community Center to learn about the various diseases that can affect them. The conference lasted from 10:00 am to 4:00 pm and was made lively and interesting due to audience participation in the various exercises that were provided by the speakers.

Adrian D. Suratos, PT, DPT, MS with more than 20 years of experience as a Board-Certified Clinical Specialist in Geriatric Physical Therapy used a videotape recording of how young and old people could be vulnerable to falls. He spoke about the risks and falling and how they can be prevented.

Carmina Lagarejos Rafael, PT, DPT a Board-Certified Geriatric Clinical Specialist with more than 25 years of experience as a physical therapist explained the most common types of arthritis, its signs and symptoms, and how to decrease its clinical progression.

Edna Trepanier, PHD, MBA/HCM, RN, MSN, BS, ccRN is a Nursing Manager at Memorial Regional Hospital and Associate Professor at University of Phoenix, South Florida, and adjunct faculty at Broward College. Using layman's terms, she explained the role of insulin in controlling sugar as well as the types, signs, symptoms and complications of diabetes.

Krystle Canare Policy Director for the National Asian American Pacific Islander Mental Health Association (NAAPIMHA), Vice Chair of the Asian Mental Health Collective, and Mental Health Advisor for the Filipino Young Leaders Program (FYLPRO), spoke about the mission and explained the various programs of TAYO ("Us") of which she was a co-founder.

Timothy Simba-Medel , a teaching artist/activist, recipient of the 2017 Second City Jim Zulevic Award for Community Excellence, co-founder and Fellowship Director of TAYO led the audience in various group interactions that highlighted the importance of communication and self-introspection. Their presentations were followed by a lively discussion on the facts and myths concerning the Covid vaccine.

Fifteen attendees also received Covid boosters from Nurse Mentor Registry together with a \$20 Target gift certificate from FYLPRO.

All the attendees gave excellent evaluations and acknowledged the expertise, interactions, and knowledge they received from all the presenters.

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