

SPECIAL DELIVERY

Newsletter of FIU's Maternal and Child Health Training Program

Save The Date

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We are currently accepting submissions for our next newsletter! If you'd like to contribute, please e-mail:

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**May 12th:
Mother's Day**



May 12th- May 15th National Women's Health Week

is celebrated each year, beginning on Mother's Day, to encourage women and girls to make their health a priority.

May 28th: Menstrual Hygiene Day

Poor menstrual health and hygiene undercuts fundamental rights – including the right to work and go to school – for women, girls and people who menstruate. It worsens social and economic inequalities.

**MENSTRUAL
HYGIENE IS A
HUMAN RIGHT**



Announcements

An hour in the life...
Be part of the first large-scale study of what babies do at home!



We are inviting 1000 families across the United States with babies up to 2 years old!

What families can expect:
A researcher will visit your home for 2-3 hours while you and your baby go about your daily activities. You will receive \$50 for participating.

For more information on how to sign-up visit:
anhourinthelife.org

OWL Lab 305-284-9564 miami.owl.lab@gmail.com

Funded by:
NIH National Institutes of Health, NIH National Institute of Child Health and Human Development, NIH National Institute of Mental Health, The LEGO Foundation, and the Robert Wood Johnson Foundation.



University of Miami Infant and Child Studies invites families with babies up to 2 years old to participate in large-scale study



ASPHN

The Health Equity Fellowship Program from the Association of State Public Health Nutritionists was created to support the diversification of the public health and health-related workforce. This 12-week fellowship was developed to recruit a new generation of nutrition professionals. Since 2002, the fellowship program has prepared over 1,000 students with practical skills in the Essentials of Public Health Services and Core Competencies of Health Education and Promotion.



NAMI MIAMI-DADE
WALK for Mental Health Awareness

For Sponsorship Requests:
Reach out to
Kate@NAMIMiami.org

Register Your Walk Team for FREE Now!
Scan Here to Register:



Walk With Us!
Saturday, May 18th, 2024
Zoo Miami
12400 SW 152nd St, Miami, FL 33177

NAMI Walks
Miami-Dade County



MCH Alumni Spotlight: Tamia Medina, MPH



Tamia Medina has a Master of Public Health degree from FIU, with a concentration in Maternal and Child Health. Currently, Tamia is community health program manager at University of Miami Health System, where she targets the social determinants of health in Miami-Dade County through strategic planning. Tamia oversees the Community Health Needs Assessment and the Implementation Plan, promoting collaboration with government, healthcare, and community-based organizations to create a plan to allocate resources and deliver community benefit programs. Additionally, Tamia collaborates with departments across the U to ensure an accurate and impactful community benefit report and most recently developed a home-grown reporting system that has allowed the university to expand on historical reports that more accurately captures the university’s effort to implement sustainable and effective community programs. Tamia leverages her education from FIU and experience at UM to drive advances for health equity in her community.



Follow LMCH on Social Media!

FIU Leaders in Maternal and Child Health are committed to maternal and child health education and awareness through activities including volunteering, service learning, and events on campus and within the communities of South Florida and beyond. We are back active on campus! Follow us to stay connected!



- Instagram: [@fiu.lmch](https://www.instagram.com/fiu.lmch)
- [PanthersConnect](https://www.instagram.com/PanthersConnect)
- Whatsapp Group chat
- Email: lmch@fiu.edu