

# Challenges to Father's & Family Health

## Keeping an Eye on Body, Mind and Finances

Tuesday, May 14, 2019

United Way Center for Excellence

3250 SW 3rd Ave, Miami

10:00 am - 12:00 pm

Fathers and families face many challenges to staying healthy considering everyday stresses, lack of time together, food choices, sudden illness, traumatic events, lack of exercise and financial barriers affecting their identifying and practicing a healthy lifestyle. This workshop follows a holistic perspective to show you how to become an effective planner for your family's health, recognize preventable health problems and plan your finances to lesson stress. Fathers and families will learn how to advocate for needed services for your family.



### Jayson Molina RN BSN CCM - Keeping an Eye on Body and Mind

Jayson has a Bachelors of Science in Nursing and has been in health care for over 15 years. He is a military veteran and has worked as a flight nurse, OR Nurse, ICU nurse, and case manager.



He currently oversees the Aetna Medicaid case management department for Orlando and Tampa counties. As a father of 3, he emphasizes the importance of community and volunteering. He is an active member of Project Hope which is a non-government organization that deploys to crisis situations around the world, the last being to Puerto Rico after the devastating Hurricane.

### Rachelle Theodore, MBA, MPH - Father Involvement, Now What?

Ms. Theodore has been active in the strategic planning and quality improvement field for over ten years. Rachelle has extensive experience in developing and implementing community based assessments including Community Health Needs Assessment and the Community Health Improvement Plan. She has been a strong leader and advocate and under her leadership she has actively worked to increase funding and encourage policy, systems and environmental changes for lasting impact.



### Frantz Theodore - Financial Health

Frantz Theodore is a business consultant, financial services specialist who emphasizes the importance of planning for your family's needs by making sure you protect the ones you love. His leadership in areas including operations management and client services includes planning for financial management of family needs to secure positive outcome for the resources of a family. Recognizing the costs of raising children and knowing how best to prepare for life's transitions will help to lower stress and be ahead of the game.



### Program supported by Aetna and the Fatherhood Task Force of South Florida

Since 1853 Aetna has been committed to building a healthier world by making health care simpler and more convenient. Aetna has a wide variety of health insurance plans and coverage for prescription drugs, dental care, vision, wellness programs and nursing hot lines. Aetna Better Health of Florida offers affordable health care to children in communities across the State. [aetnabetterhealth.com/fl](http://aetnabetterhealth.com/fl).

Register at Fatherhood Task Force of South Florida, [holly@fatherhoodtfsf.org](mailto:holly@fatherhoodtfsf.org), 305-812-4000



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Connecting Fathers with Children

Lunch will be provided