

Courageous Conversations – Impacts of Structural Racism on Health and Health Care - 2/10/2022 – Resources

Program recording - <https://vimeo.com/676137878>

Presenter slides:

Amy Patel, MD - <https://mhl.org/sites/default/files/uploads/program-handouts/heath-impacts-structural-racism.pdf>

Cara Marshall, MD - <https://mhl.org/sites/default/files/uploads/program-handouts/courageous-conversations-cara-marshall-slides-21022.pdf>

Albert Pless, Jr. - <https://mhl.org/sites/default/files/uploads/program-handouts/healthequity-and-potential-solutions-albert-pless-slides-21022.pdf>

The Unequal Opportunity Race

https://www.youtube.com/watch?v=vX_VzI-r8NY

Application of the Weathering Framework: Intersection of Racism, Stigma, and COVID-19 as a Stressful Life Event among African Americans

<https://pubmed.ncbi.nlm.nih.gov/33540498/>

Women of Color, Wealth, and COVID-19

<https://ncrc.org/women-of-color-wealth-and-covid-19/>

Dr. Camara Jones: The Gardener's Tale and the Physician's Legitimate Role -

<https://vimeo.com/125702870>

Social and Economic Policies Can Help Reverse Americans' Declining Health, Center for American Progress

<https://www.americanprogress.org/article/social-economic-policies-can-help-reverse-americans-declining-health/>

The New York Times - **As a Black Man in America, I Feel Death Looming Every Day** by Joél Leon Daniels

<https://www.nytimes.com/2021/12/05/opinion/culture/virgil-abloh-black-mortality.html?referringSource=articleShare>

Mandela Yoga Project - <https://www.mandelayogaproject.org/>

The Yoga Effect: A Proven Program to Manage Depression and Anxiety by Liz Owen & Holly Lebowitz Rossi with Chris C. Streeter, MD

[https://mvlc.ent.sirsi.net/client/en_US/andover1/search/detailnonmodal/ent:\\$002f\\$002fSD_ILS\\$002f0\\$002fSD_ILS:1148675/one](https://mvlc.ent.sirsi.net/client/en_US/andover1/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:1148675/one)

Mandela Yoga Project founder Jeffrey Thomas appears on the cover and in Chapter 7 of ***THE YOGA EFFECT: A Proven Program for Depression and Anxiety***. In this yoga guidebook based on cutting-edge NIH studies, he illustrates a sequence of eight yoga postures that address depression.