

VIRTUAL EVENT

# Healthy Mind and Body: Holidays during the era of COVID-19

Wednesday, December 15  
from 4:00 to 5:00 PM



**Please join the Abyssinian Baptist Church and Memorial Sloan Kettering Cancer Center for a free online educational event.**

Hear from a panel of MSK experts who will discuss the unique mental toll that the pandemic has taken on all of us. The panel will provide guidance on staying mentally and physically healthy in the midst of uncertainty, especially during the holiday season.



Please [click here](#) or scan the QR code to watch. You can also phone in to the event by calling 646-518-9805 or 646-876-9923.

**Zoom ID:** 945 2643 8181

**Passcode:** 689057

**OPENING & CLOSING REMARKS:**

**Linda Thompson**

Health Ministry Leader and Church Health Navigator, Abyssinian Baptist Church

**MODERATOR:**

**Monika Shah, MD**

Infectious Disease Specialist and Deputy Physician-In-Chief, MSK

**MSK SPEAKERS:**

**Diane Reidy-Lagunes, MD**

Associate Deputy Physician-In-Chief, Regional Care Network

**Monique James, MD**

Psychiatrist

**Yusuf Hasan, BCC**

Staff Chaplain and Chairman of African American Day Parade, Inc.

**Linda Mathew, LCSW**

Senior Clinical Social Worker



The Abyssinian Baptist Church  
In the City of New York



Memorial Sloan Kettering  
Cancer Center