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February 3, 2016

Jennifer C. Thomas  
13824 Churchville Drive  
Upper Marlboro, MD 20772

Dear Ms. Thomas:

On behalf of the Patuxent River (MD) Chapter of The Links, Incorporated, thank you for agreeing to serve as a speaker for our 2016 Health and Financial Wellness (HFWE). The HFWE is a biennial program that we are excited to provide for the citizens of upper Montgomery County, Maryland. We look forward to you giving a presentation on the topic: *Smart Use of Social Networking*. This workshop is designed for youth, ages 13-17.

Our 2016 HFWE theme is *Strategies for Success: Juggling Your Health and Finances*. The goal of the event is to educate and bring resources to the residents in Montgomery County, particularly people of color, which will enable them to be successful in living healthier lives and managing finances during challenging times.

Key program themes include:

- Improving health and financial awareness and literacy
- Designing and implementing training and development programs
- Providing individual/personal financial and health numbers, information, and consultation
- Utilization of the arts to promote healthier lifestyles and adoption of sound financial values
- Building partnerships with health and financial organizations
- Promoting healthier and more fiscally sound African American communities.

Specifically, the health component of the program will educate participants about:

- The disproportionate prevalence of chronic diseases in the African American population
- Personal risk factors for poor health outcomes, physically and emotionally
- Strategies for prevention, including nutrition and exercise
- Tips and community resources available to support awareness of health issues and encourage healthy living.

The Patuxent River (MD) Chapter  
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