

# FASGI BalikBAHAY Project: COVID-19 Webinar Series



Thursday, 8/6  
6:00 – 8:00 pm

## Update on COVID-19

New findings, safety protocols, and integrative treatments will be discussed along with immune boosting strategies. Facilitated by Charmaine Clamor.



Thursday, 8/13  
6:00 – 8:00 pm

## Immune Boosting Strategies

We will dive deeper into each of the immune boosting strategies such as gut health, sleep, and proper nutrition using Philippine healing herbs and food. Facilitated by Charmaine Clamor.



Thursday, 8/20  
6:00 – 8:00 pm

## Mind and Body Medicine

This webinar will include a presentation on the connection of mind and body. A huge portion is to engage in the following healing activities: 1) proper breathing, 2) easy movements to balance energy and improve mood, and 3) positive affirmations to empower the mind and body. Facilitated by Charmaine Clamor.



Thursday, 8/27  
6:00 – 8:00 pm

## Community as Immunity

We will discuss the power of community in improving the immune system, resulting in community empowerment. Facilitated by Charmaine Clamor.



Saturday, 9/5  
4:00 – 6:00 pm

## Navigating Uncertainties During the Pandemic

We will discuss how you feel about embarking on changes due to the pandemic, such as school, work, and family and social life. Facilitated by Reener Balingit and Guests.



Saturday, 9/12  
4:00 – 6:00 pm

## Disconnect to Reconnect

We will discuss the positive and negative effects of technology and the media. We will learn ways to unplug and reconnect with self and others, explore how to utilize technology to support health and wellness, and share how to use platforms for information sharing and awareness. Presented by Reener Balingit and Guests.



Saturday, 9/19  
4:00 – 6:00 pm

## Building Resiliency Through Coping Mechanisms

Adapting to changing roles and balancing responsibilities could be physically, financially, and mentally exhausting. We will increase awareness in identifying signs and symptoms for chronic stress, anxiety, and depression and discuss various coping mechanisms to build wellness and resiliency within self and community. Presented by Reener Balingit and Guests.



Saturday, 9/26  
4:00 – 6:00 pm

## Envisioning Hope for 2020 and Beyond

As we look ahead, it's unclear what the future holds. There are things we can do right now to ensure that we are protecting ourselves by maintaining good health and relationships, advocating for policy change to address systemic issues, and supporting community engagement efforts to stay informed. In this last session, we will create an action plan or a vision board to manifest a hopeful and positive mindset for the future. Presented by Reener Balingit and Guests.



Register here: [FASGI BalikBAHAYProjectWebinars.eventbrite.com](https://www.fasgi.org/BalikBAHAYProjectWebinars)

For more information, visit [BalikBAHAY.fasgi.org](https://www.BalikBAHAY.fasgi.org) or contact [Reenerb@fasgi.org](mailto:Reenerb@fasgi.org)