



DATE: Thursday, September 24, 2020

FROM: THE WOMANS CLUB OF COCONUT GROVE

FOR: IMMEDIATE RELEASE

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Dear Press Agent or Press Representative,

The Woman's Club of Coconut Grove has historically invited prominent members of our community to speak to our Club membership and guests at the conclusion of its monthly meeting luncheon, typically held on the first Thursday of each month. For obvious reasons, WCCG will not be having in-person luncheons in the foreseeable future.

But, in an effort to provide its members with a sense of consistency and connectedness, while also encouraging online networking, the Woman's Club of Coconut Grove, with the generous help of Club member and local filmmaker Travis Neff, will be pre-recording speakers' presentations, using the Club's interior stage, new theater lighting, and the Main Hall. Then, presentations will "Go Live" at 1PM on the first Thursday each month. Club member Yvette Bravo helped Travis reconnect with the speakers who were on the Club's meeting calendar prior to the Club's mid-March shutdown due to the COVID-19 pandemic. Here is the WCCG Speaker Series Line-up:

NOV 5, 2020 @ 1PM - TRAVIS NEFF

Presentation Title : "Understanding HIV in Miami-Dade"

In advance of World AIDS Day (Dec 1st), who better to provide a population-based approach for improving access, community engagement, and health outcomes for People Living With HIV/AIDS than the Chairman of the Miami-Dade HIV/AIDS Partnership, Travis Neff. Already set to go, Travis explores the different factors that have made Miami #1 in the country for the highest rate of new HIV-positive diagnosis *for the last five years*. This presentation includes two original videos from Mr. Neff's latest film project, a feature documentary about HIV during the COVID-19 pandemic entitled "The Epidemic in Miami, No, But, For Real, Bro."

Understanding the HIV Epidemic in Miami-Dade means facing some hard facts and having a few difficult conversations about Sex Education, Homelessness, Mental Health, and the co-occurring Opioid/Addiction and Sex-Trafficking epidemics in Miami. This slightly emotional lecture is packed with undeniable facts, some shocking numbers, and supported by articles from the nation's top news sources, including the CDC. It was originally created for and presented at the 2020 National Ryan White Conference on HIV Care & Treatment held virtually earlier last month. Travis offers his insight on how HIV continues to impact our community, as well as the developments of the strategic and comprehensive plan to eradicate HIV by the year 2030. This speaker will, at the very least, jump start a local dialogue about HIV stigma, education, prevention and testing in an effort to rebuild a healthy, resilient society – finally rid of HIV.

DEC 3, 2020 @ 1PM - BILL BOLAND

Presentation Title : "Working From Home"

Since the onset of the Coronavirus, we've been forced to make some significant adjustments to our daily routines. With temporary Shelter-in-Place orders in place, trying to remain healthy in our safe homes for an extended period of time is quickly turning into a reality where everybody is staying in place and the new norm is doing everything remotely. Working from home certainly has its advantages, but one big disadvantage to being at home all day is that we are doing all the different things we do – emailing, chatting, Zooming, swiping, eating – on our derrière! Our bodies are naturally designed to be up and moving around all day. Sitting is easier, sure, but we slouch. So it's a good thing exercise physiologist Bill Boland is offering an antidote to all of this sitting, and giving us a few professional tips along the way. This informative lecture-demonstration reviews ten movement exercises that anyone can do to alleviate pain in the back, shoulder or neck, which are sure to come with spending all day, every day, in a sitting position. These everyday exercises can help us all get up and move on, pain free.

COMING UP IN 2021

Executive Director of THRIVE, Dr. JoNell Efantis Potter will introduce and moderate a panel of three speakers, members of her team based at the University of Miami, to discuss Human Trafficking in South Florida.