

"What is Your Legacy?"

presented by

Frederick Shegog

Frederick Shegog, Founder/CEO of The Message LLC, inspires, educates, and creates healthy lifestyles for all as a motivational speaker. Dumpster diving, panhandling, and drinking were once everyday activities for Shegog. He is experienced in designing and facilitating workshops to address the community's needs in treating substance use disorders and mental health illnesses. Frederick graduated Summa cum laude from West Chester University and has been featured in many media outlets for his story and national keynote speeches. He was voted as a Philadelphia Region's Black Men Icon of 2020 and was the selected commencement speaker at his graduation.

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<https://hartfordhealthcare.zoom.us/j/99607275827>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Participants will learn hands-on, evidence-based practices to improve patient health outcomes
2. Acquire healthy coping skills to inhibit employee burnout and turnover.
3. How diversity, equity, and inclusion impact the workspace and the correct ways to handle different scenarios with colleagues & patients.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 Other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Bharat Narapareddy (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Frederick Shegog (Speaker); Javeed Sukhera (Co-Director and Sponsor);

