# Learn how to help military families navigate the terrain of economic security.

LIVE WEBINAR

# Enhancing Military Family Well-Being: Understanding and Nurturing Economic Security

During the 2024 Military Family Readiness Academy, we delve into the crucial connection between economic security and family well-being. This webinar specifically scrutinizes the various underlying factors, including social dynamics, environmental influences, and community characteristics, which impact family economic stability. Of particular focus are issues related to health and wellness. By grasping these contextual elements, we empower service providers and families alike to leverage their knowledge, skills, and available resources to promote health and well-being effectively.

### **Learning Objectives**

- Review the various factors, often called the "social drivers of health," or SDOH, that influence health and wellbeing.
- Promote a mindset that empowers providers to focus on understanding the root causes of health and wellness challenges and to be change agents for positive outcomes.
- Recognize that such a mindset requires a holistic or ecological approach to understanding how underlying contextual factors, individual circumstances, institutions, and programs interact with each other.
- · Consider possible new programs and policy developments relevant to military family health and well-being.

### Presenter:

Chris Plein, Ph.D.

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Keith Tidball, Ph.D.

Assistant Director of Environment and Natural Resources

Cornell Cooperative Extension

September 24th, 2024 11:00 AM - 12:00 PM EDT

## **Continuing Education:**

OneOp is applying for continuing education credits from the following professional organizations:

- American Association for Family and Consumer Sciences
- Association for Financial Counseling and Planning Education
- Center for Financial Certifications
- Commission for Case Manager Certification
- · Commission on Dietetic Registration
- National Council on Family Relations
- · The Patient Advocate Certification Board
- University of Texas at Austin, Steve Hicks School of Social Work

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