



# Christina Gonzales



## Cultivating Food Sovereignty and Health Justice: Uniting Urban Agriculture and Medicine

Introduction: Emphasizing the importance of food sovereignty and health justice for women, children, elders, and families, and introducing the speakers.

Part 1: Edible Healing Garden - The Role of a Registered Dietitian in Promoting Health: Exploring nutritional needs and challenges, and highlighting the benefits of urban agriculture.

Part 2: First Nation Storytellers - City Health Beautification through Native Community Food Gardens: Sharing experiences in promoting health through community gardens, discussing city health beautification and native plants.

Part 3: Food as Medicine for Postpartum Depression and Community Health: Addressing nutrition's role in mental health, discussing unique needs during different life stages, and boosting foods into meals.

Part 4: Building Community Health Food Infrastructures through Community Gardens: Exploring the role of gardens in creating resilient food systems, addressing food insecurity initiatives.

Conclusion: Uniting urban agriculture and medicine, encouraging audience action, and opening the floor for discussion.

### Speaker Bio: Christina Gonzales

Christina is a remarkable individual with a diverse background in healthcare, education, and community empowerment:

Health Care Worker - Los Angeles County Public/Private Sector

Teacher, Dean and Administrator - Los Angeles County Public/Private Sector

Edible Healing Garden Co-President

First Nation Storytellers Vice President

Christina aims to bring an unique perspective and expertise to the conference, enhancing the discourse on urban health, food sovereignty, and empowering communities to thrive through healthy living.