

# Columbia University Irving Medical Center Celebrates:

## **Hispanic Heritage Month**

September 15<sup>th</sup> – October 15<sup>th</sup>, 2020

Hosted by the Latinx Employee Resource Group



**All Staff and Faculty are welcome to attend the following events:**

### **Overcoming Limiting Beliefs in the Latinx Community**

**Friday, September 18<sup>th</sup>**

*This event will discuss overcoming limiting beliefs present in the Hispanic/Latinx community. Such negative and stereotypical beliefs surrounding body image, hairstyles, and other physical standards have obstructed our destined successes. Dr. Alexandra Canetti—CopeColumbia Psychiatrist will join the session.*

### **Healthy Cooking with Latina Chef Cutie Pie**

**Thursday, September 24<sup>th</sup>**

*This event is sure to be a treat! Chef Cutie Pie, Veronica Velez, will share with us healthy cooking tips for delicious Latin dishes. She will guide us as we cook a meal together virtually during this event. Ingredients will be shared in advanced with registrants.*

### **Panel Discussion on Race and Resilience in Washington Heights**

**Thursday, October 8<sup>th</sup>**

*This panel discussion will address critical issues surrounding the impact of race in Washington Heights and the resilience of this community during challenging times. Confirmed panelists include Robert W. Snyder, author and professor of American Studies and Journalism at Rutgers University-Newark and Led Black, a Dominican-American writer, and entrepreneur who grew up in Washington Heights.*

**Zoom registration is required for each event. Here are the links:**

**9/18<sup>th</sup> 1:30pm – 2:30pm:** [https://columbiacuimc.zoom.us/webinar/register/WN\\_m8Uo60yDSPun6rzJsBveRQ](https://columbiacuimc.zoom.us/webinar/register/WN_m8Uo60yDSPun6rzJsBveRQ)

**9/24<sup>th</sup> 4:00pm-5:30pm:** [https://columbiacuimc.zoom.us/webinar/register/WN\\_ChTAfgvEScOQXIYo6dQ\\_IQ](https://columbiacuimc.zoom.us/webinar/register/WN_ChTAfgvEScOQXIYo6dQ_IQ)

**10/8<sup>th</sup> 1:00pm-2:30pm:** [https://columbiacuimc.zoom.us/webinar/register/WN\\_qe5uGsw-TvWrW4pdudl16w](https://columbiacuimc.zoom.us/webinar/register/WN_qe5uGsw-TvWrW4pdudl16w)

For more information visit:

<http://www.cumc.columbia.edu/hr/working-at-cumc/staff-diversity-inclusion>

or email: [custaffdiversity@cumc.columbia.edu](mailto:custaffdiversity@cumc.columbia.edu)