

AFReG 5 African Diaspora Christian Conference Health and Wellness Innovation Hub

Conference Dates: April 29 - May 01 2026

The Health & Wellness Innovation Hub will address pressing health challenges affecting people of African descent by advancing a more holistic, equitable, and sustainable model of care. Bringing together medical professionals, and diaspora leaders, the Hub will explore solutions to rising lifestyle diseases, systemic healthcare inequities, and the long-term impact of trauma and mental health. Moving beyond short-term interventions, it will emphasize community-based, preventative approaches such as the development of sustainable wellness centers while fostering collaboration between Africa and the diaspora to improve healthcare access, delivery, and outcomes.

Conference Sessions

There will be two discussion sessions at the conference on April 29 and 30, followed by presentations on May 1 outlining the solutions and outcomes the conference will commit to act upon. Areas of focus by presenters on April 29 include:

1. Healthcare disparities in the US primarily affecting racial/ethnic minorities (Blacks and Hispanic) - [Dr. Earlando Thomas](#)
2. Healthcare approaches in Africa, how these services can be improved, and the role the Diaspora can play - [Dr. Helen Tettey](#)
3. How can we improve medical treatment for patients of African Descent? - [Dr. Sonya Reid](#)
4. Challenges and solutions in developing a medical clinic to meet people's health challenges - [Dr. Kerry Benjamin](#)

Moderator - [Dr. Jacky McLeod](#)